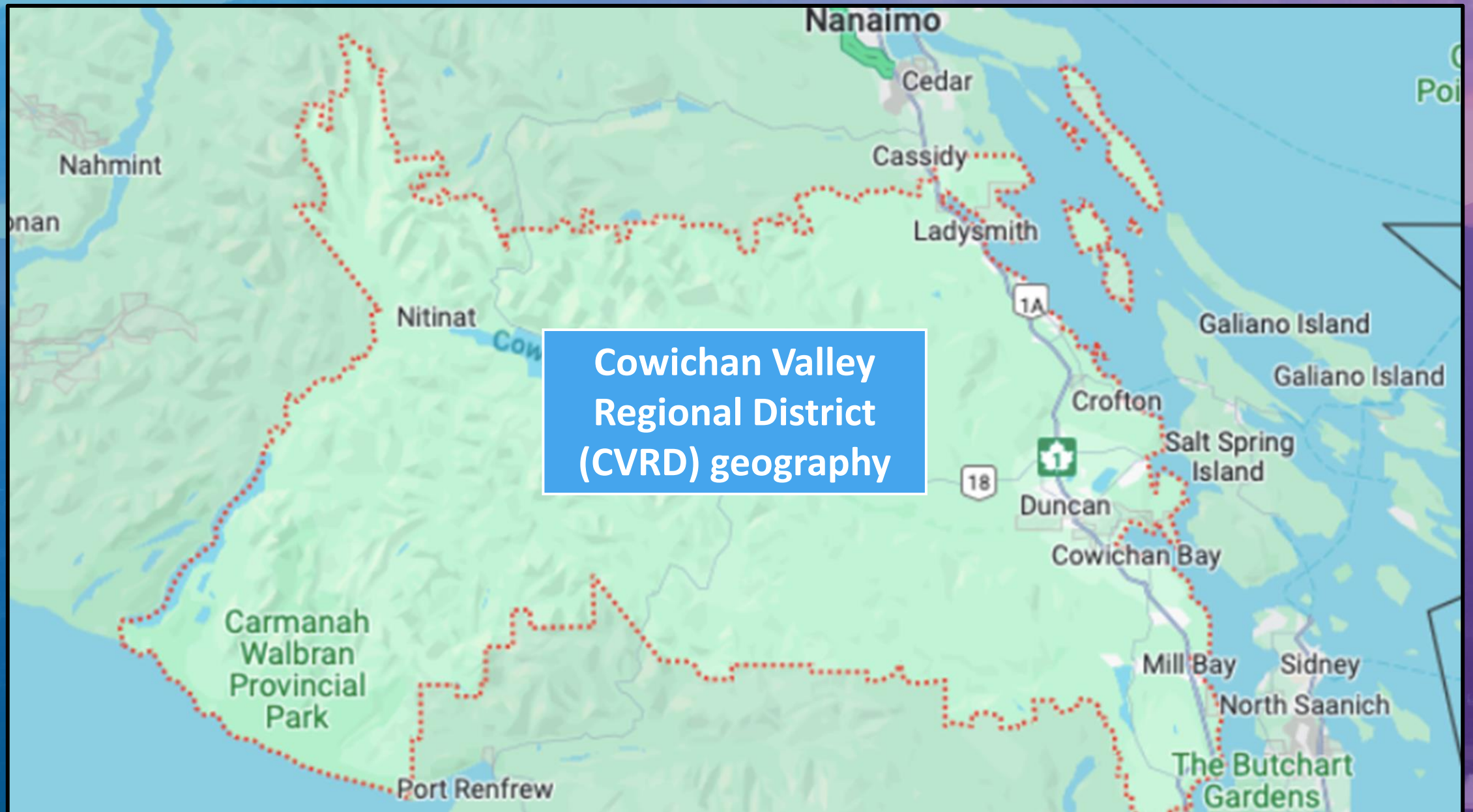


**Our Health,
Our Community**
HEALTH & WELLNESS SURVEY

2024 Results
by Cowichan Valley Regional District
&
Local Health Area Geography



Local Health Area (LHA) Geography

423 Cowichan Valley North

Ladysmith
Chemainus
communities

422 Cowichan Valley West

Lake Cowichan
Youbou
Mesachie Lake
Honeymoon Bay

421 Cowichan Valley South

Shawnigan Lake
Cobble Hill
Mill Bay
Duncan
North Cowichan

CARMANAH
WATERAN
PARK

COWICHAN LAKE

Lake
Cowichan

18

18

17A

Survey Overview

- Pilot project & unique opportunity for Cowichan Valley region.
- Collaboration between Island Health & Our Cowichan Communities Health Network.
- Collect local-level data on the health and wellness needs and priorities of Cowichan Valley residents ages 18 years and older.
- Results to inform regional health and wellness programs, policies, and services.
- Distinct survey from COVID SPEAK 1-3, with a local-level & rural/remote foci.
- Data collection period: Jul 25th-Oct 3rd, 2023

Survey Process

Sample Size

We heard from **3,459** participants

- including ~90 participants with lived/living experience

Our target was to reach **4,331** participants

We **met 80%** of our target !

Priority Themes

Environmental health

Housing

Mental Health

Substance Use

Transportation

Unweighted Sample

The unweighted sample was **over represented** in:

- older age groups
- participants who identified as woman
- participants with higher education

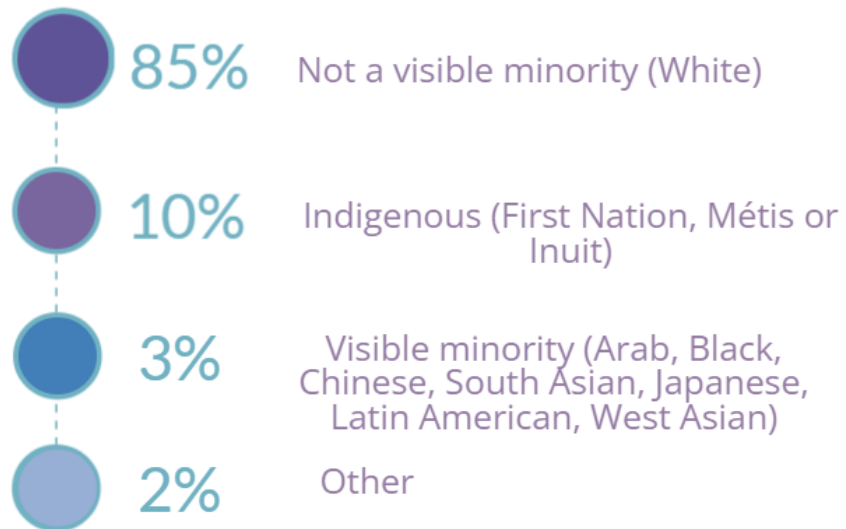
Weighting process

The data was weighted by **age, gender and education** to reduce bias in the sample

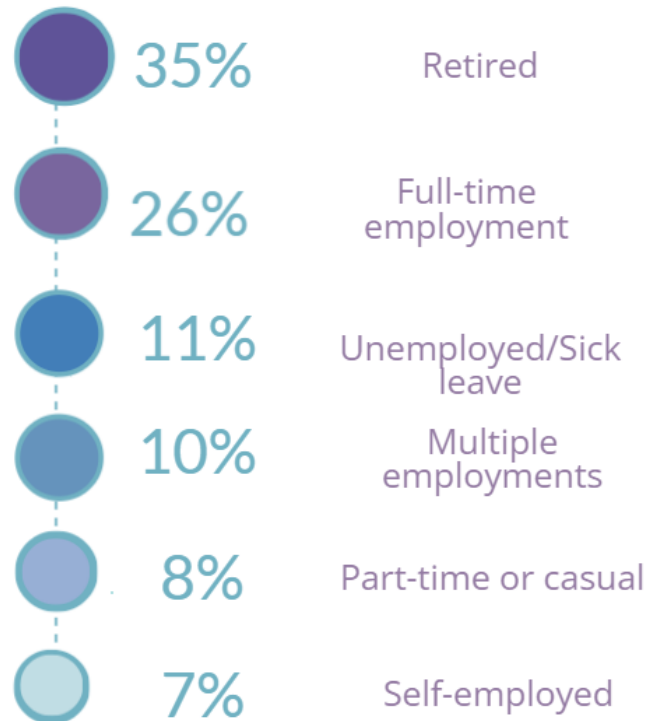
After weighting the data, the sample population matched the actual population based on age, gender and education

Demographics (CVRD)

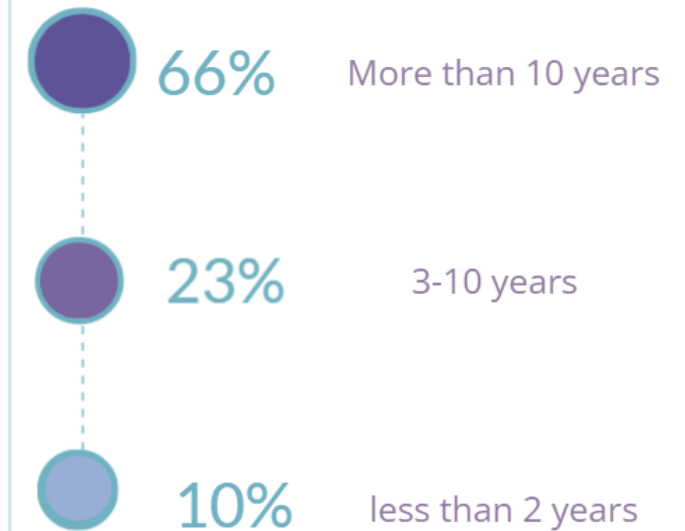
Race



Employment



Resides in Cowichan Valley



Household (CVRD)

Do you live by yourself?



21%

lived alone

% living alone within each age group:



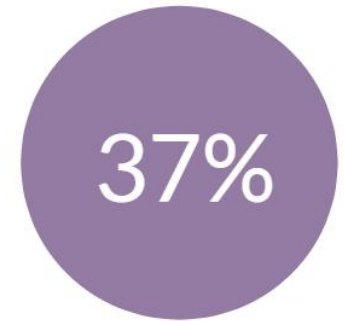
aged 18-44
years



aged 45-64
years



aged 65-74
years



aged 75+
years

Household (LHA)

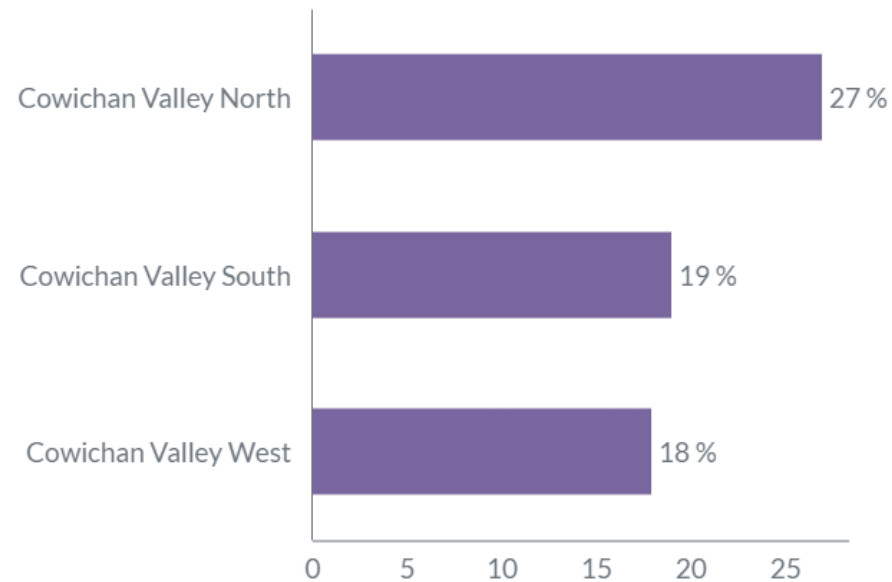
Do you live by yourself?



21%

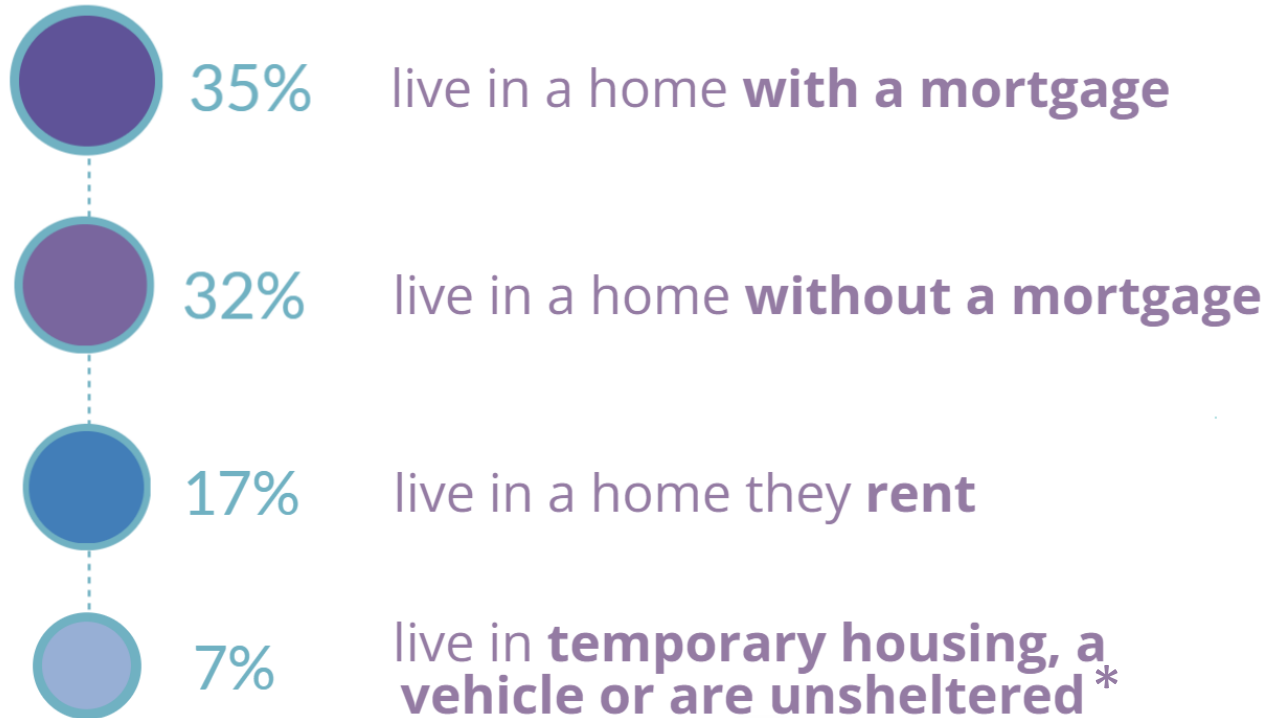
lived alone in the CVRD

Local Health Area (LHA)



Housing (CVRD)

How would you describe your current housing situation?



*Couch surfing, shelter/transition house, tenting, or living outside

Housing (CVRD)

Have you ever experienced unstable housing or been unsheltered?



15%

who currently have stable housing have **experienced unstable housing or have been unsheltered**

Since experiencing unstable housing/being unsheltered:



23%

have been sheltered for 12 months or less

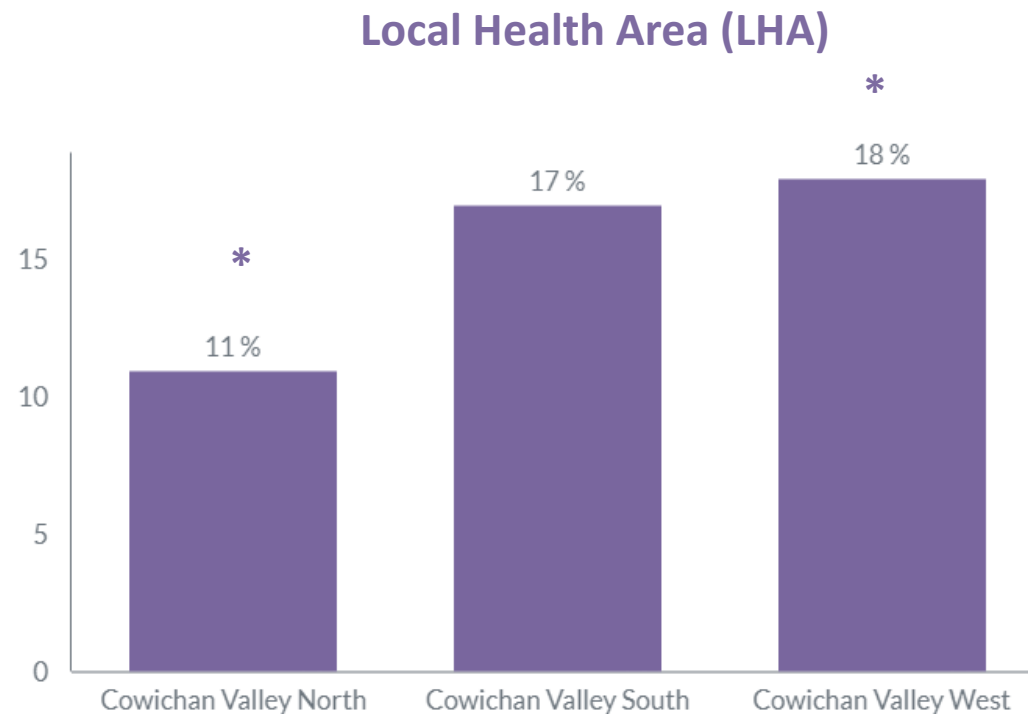


77%

have been sheltered for more than 12 months

Housing (LHA)

Have you ever experienced unstable housing or been unsheltered?



Note: The coefficient of variation (CV) measures how much the data varies compared to the average. A higher CV means more variability.

*CV is 15-33.3%. Interpret these data with caution due to decreased reliability.

Housing Affordability (CVRD)

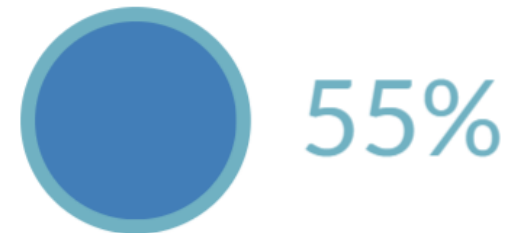
Homeowners: do you spend more than 30% of your income on housing?



of **homeowners** spend **more than 30%** of their income on housing



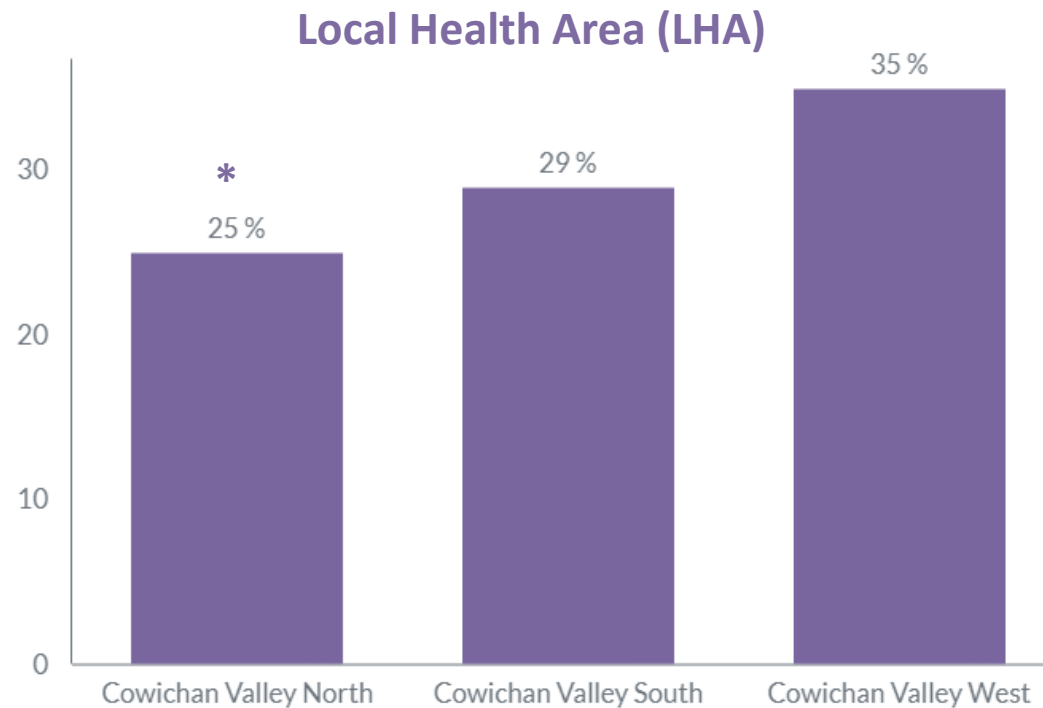
Home renters: do you spend more than 50% of your income on housing?



of **home renters** spend **more than 50%** of their income on housing

Housing Affordability (LHA)

Homeowners: do you currently spend more than 30% of your income on housing?



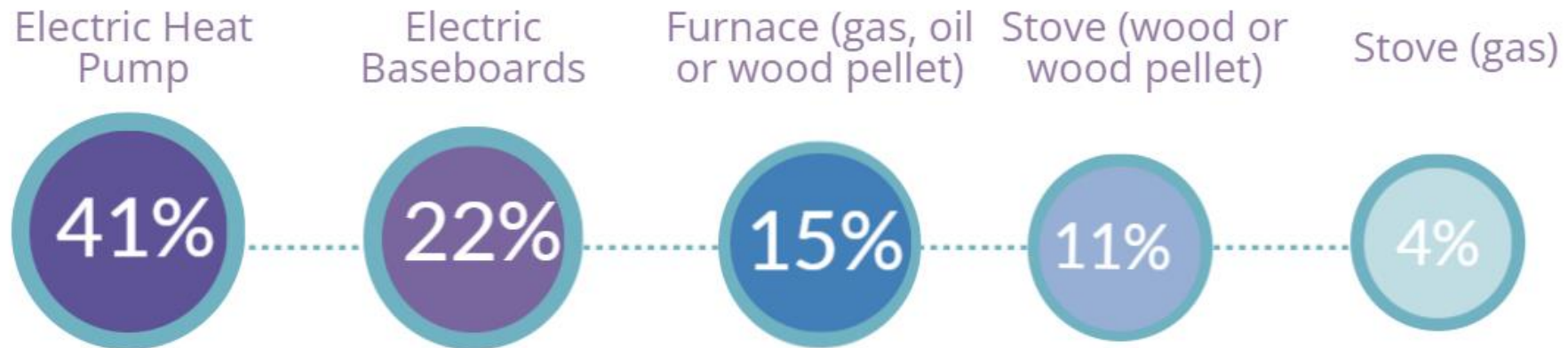
Note: The coefficient of variation (CV) measures how much the data varies compared to the average. A higher CV means more variability.

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Environmental Health (CVRD)

What is the main way you heat your home?

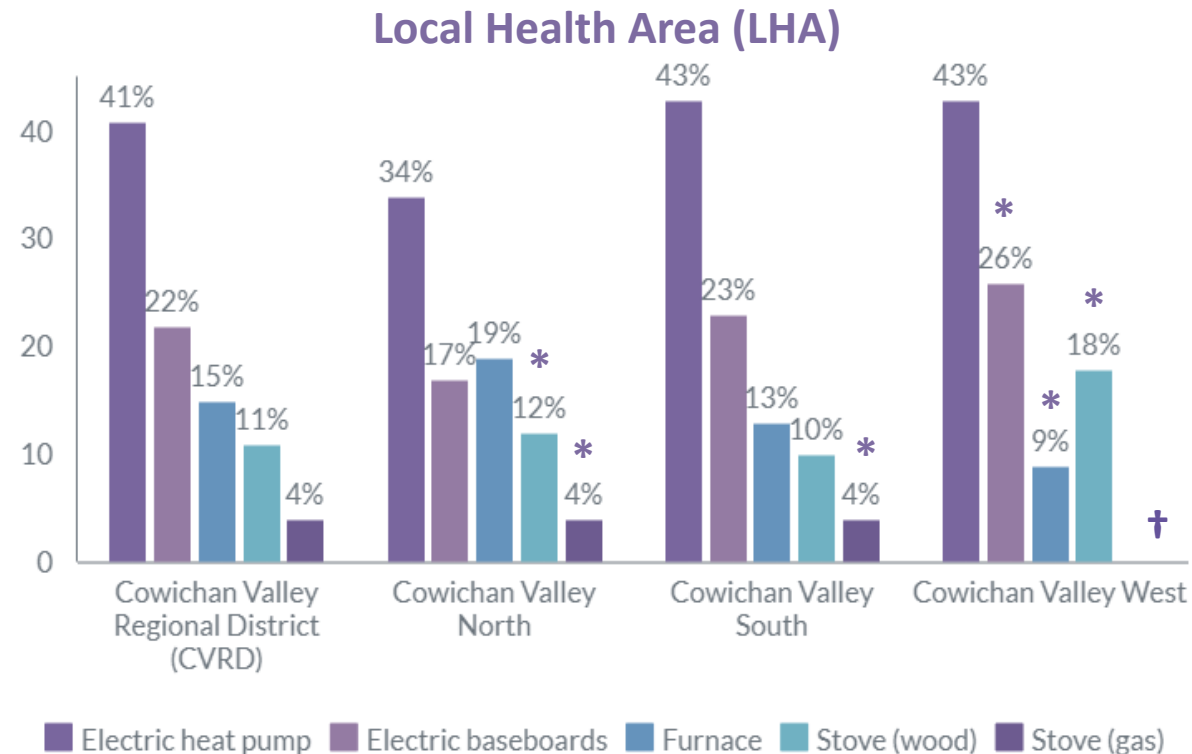
Main source of home heating



Environmental Health (LHA)

What is the main way you heat your home?

- The majority of Cowichan Valley residents heated their home with an electric heat pump (41%)
- This was less common in Cowichan Valley North LHA (34%).



Note: The coefficient of variation (CV) measures how much the data varies compared to the average. A higher CV means more variability.

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†CV is >33.3%. These data are suppressed due to lack of reliability.

Environmental Health (CVRD)

Do you have a way to cool your home during periods of extreme heat?

Main source of home cooling

Heat pump, AC
or central air



No, but would
like one



No, I don't need
one

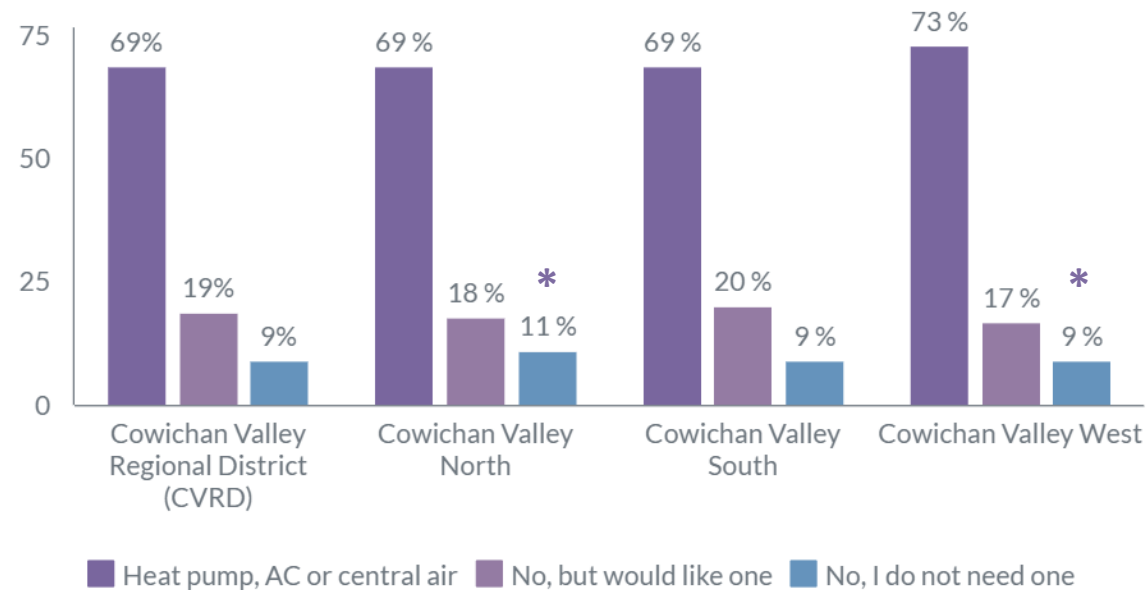


Environmental Health (LHA)

Do you have a way to cool your home during periods of extreme heat?

Local Health Area (LHA)

- The majority of Cowichan Valley residents had a way to cool their home using a heat pump, AC or central air

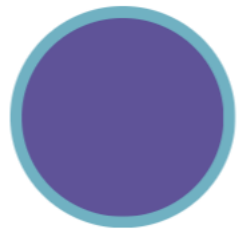


Note: The coefficient of variation (CV) measures how much the data varies compared to the average. A higher CV means more variability.

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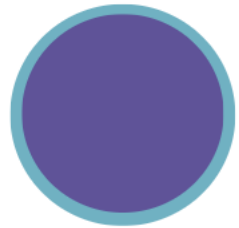
General Health (CVRD)

In general, how would you say your overall health is?



37%

rated their overall health as **very good/excellent**



37%

rated their overall health as **good**



26%

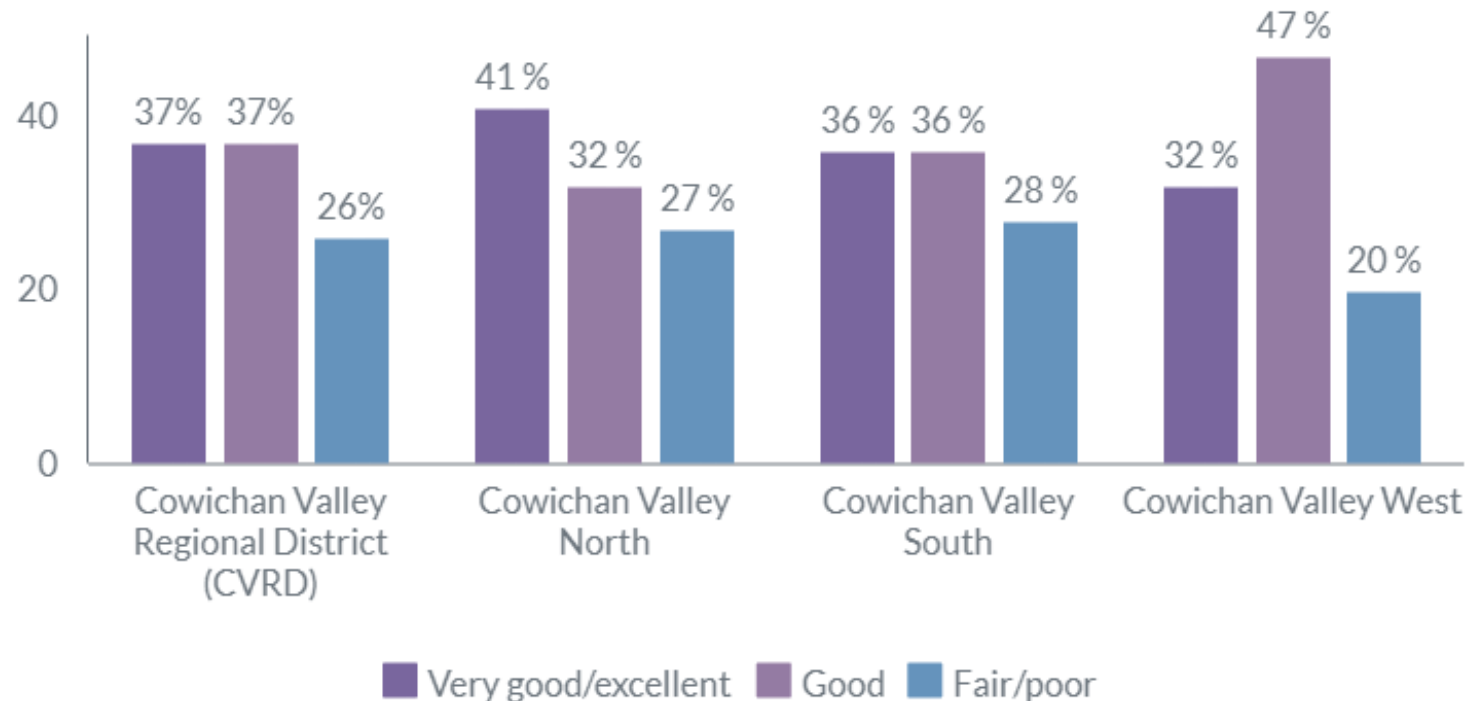
rated their overall health as **fair/poor**

General Health (LHA)

In general, how would you say your overall health is?

Local Health Area (LHA)

- The majority of Cowichan Valley residents rated their health as very good/excellent or good
 - Highest in Cowichan Valley North (41%)
- Around ¼ of Cowichan Valley residents rated their health as fair/poor
 - Highest in Cowichan Valley South (28%)



Mental Health (CVRD)

In general, how would you say your mental health is?



38%

rated their mental health as **very good/excellent**



31%

rated their mental health as **good**



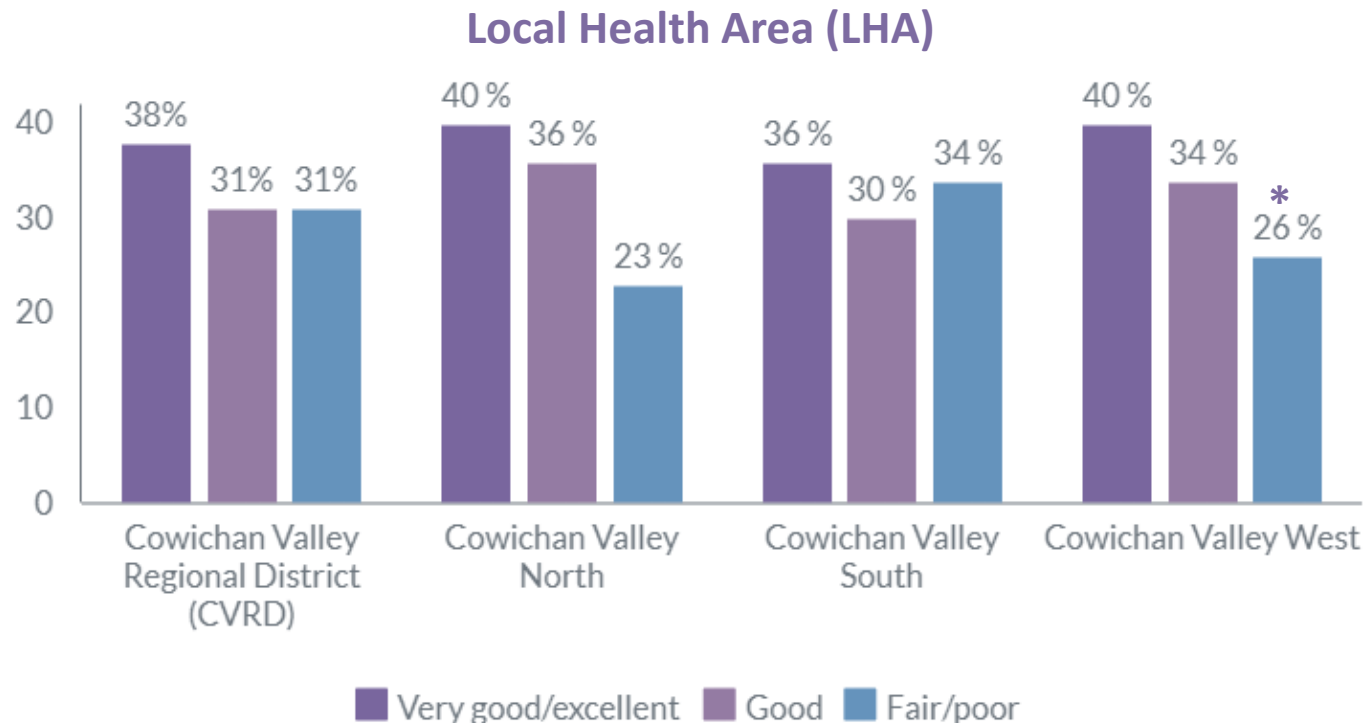
31%

rated their mental health as **fair/poor**

Mental Health (LHA)

In general, how would you say your mental health is?

- The majority of Cowichan Valley residents rated their mental health as very good/excellent or good
- Cowichan Valley residents rating their mental health as fair/poor was highest in Cowichan Valley South (34%)



Note: The coefficient of variation (CV) measures how much the data varies compared to the average. A higher CV means more variability.

*CV is 15-33.3%. Interpret these data with caution due to decreased reliability.

Mental Health (CVRD)

Compared to one year ago, how would you rate your mental health?



Mental Health (CVRD)

Thinking about the amount of stress in your life, would you say most days are:

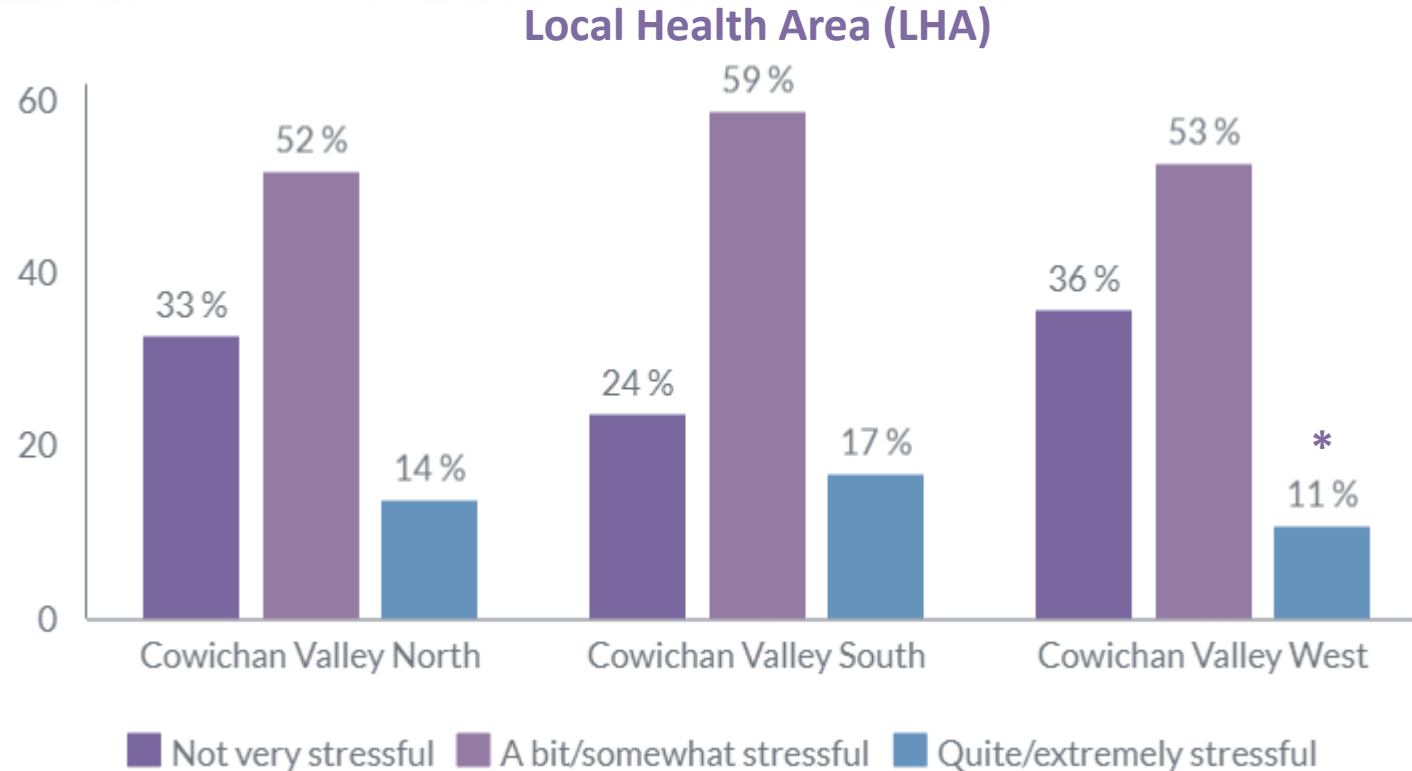


During the past four weeks, how often has your mental health interfered with your social activities?



Mental Health (LHA)

Thinking about the amount of stress in your life, would you say most days are:

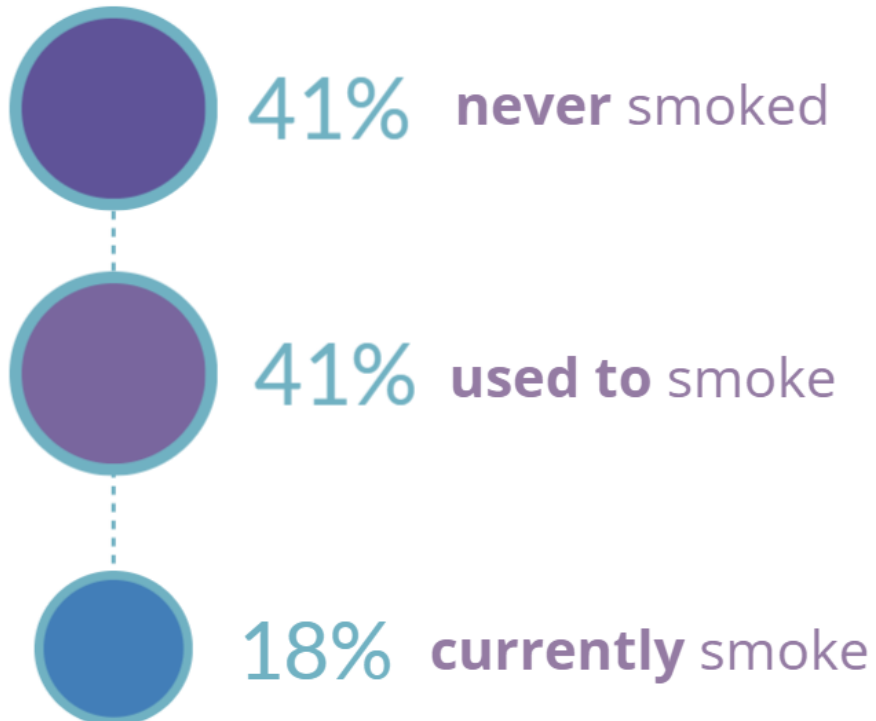


Note: The coefficient of variation (CV) measures how much the data varies compared to the average. A higher CV means more variability.

*CV is 15-33.3%. Interpret these data with caution due to decreased reliability.

Substance Use (CVRD)

Which describes your cigarette (tobacco) use?



How often have you used electronic cigarettes or vaped?



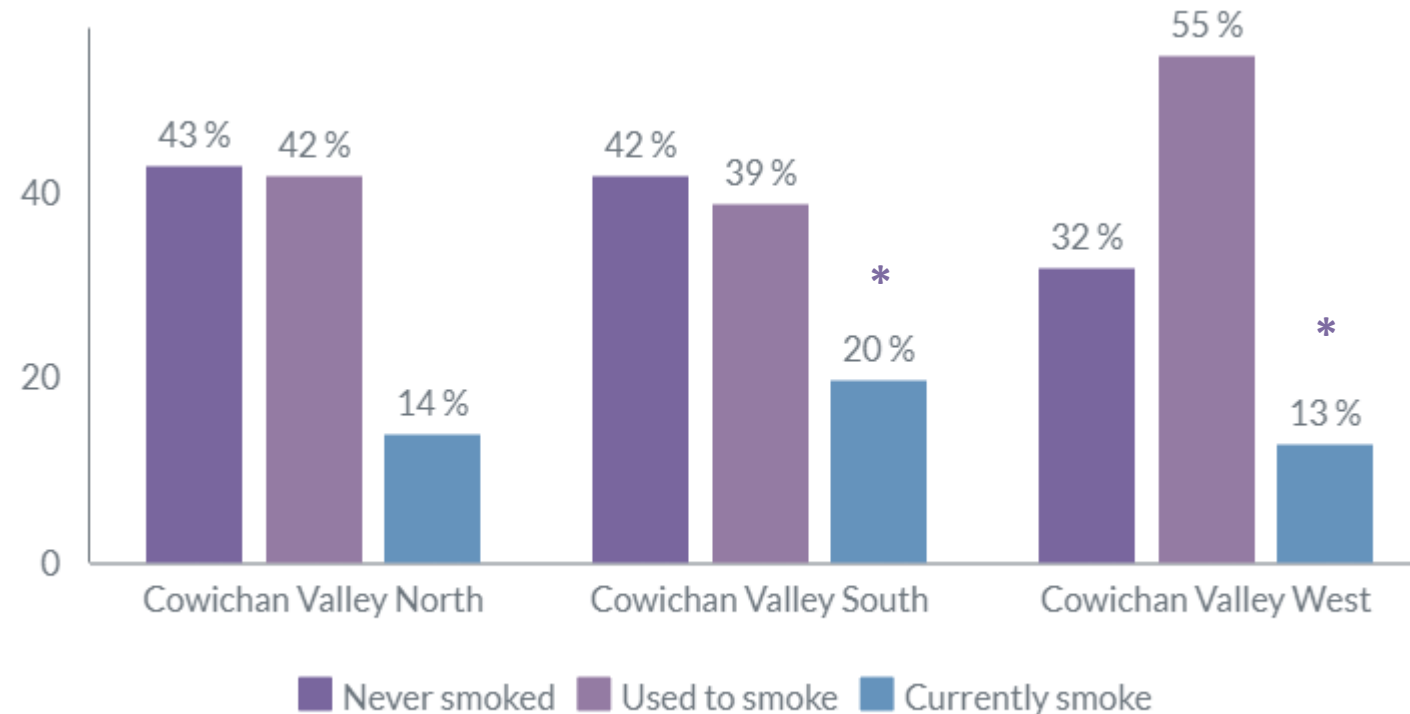
How often have you used marijuana, cannabis or hash?



Substance Use (LHA)

Which describes your cigarette (tobacco) use?

Local Health Area (LHA)



Note: The coefficient of variation (CV) measures how much the data varies compared to the average. A higher CV means more variability.

*CV is 15-33.3%. Interpret these data with caution due to decreased reliability.

Substance Use (CVRD)

In the past 12 months, have you used any of the following substances (other than alcohol, tobacco, or cannabis)?



15%

reported using **substances* other than alcohol, tobacco, or cannabis**

I, or someone I care about who lives in the Cowichan Valley, struggle(s) with substance use



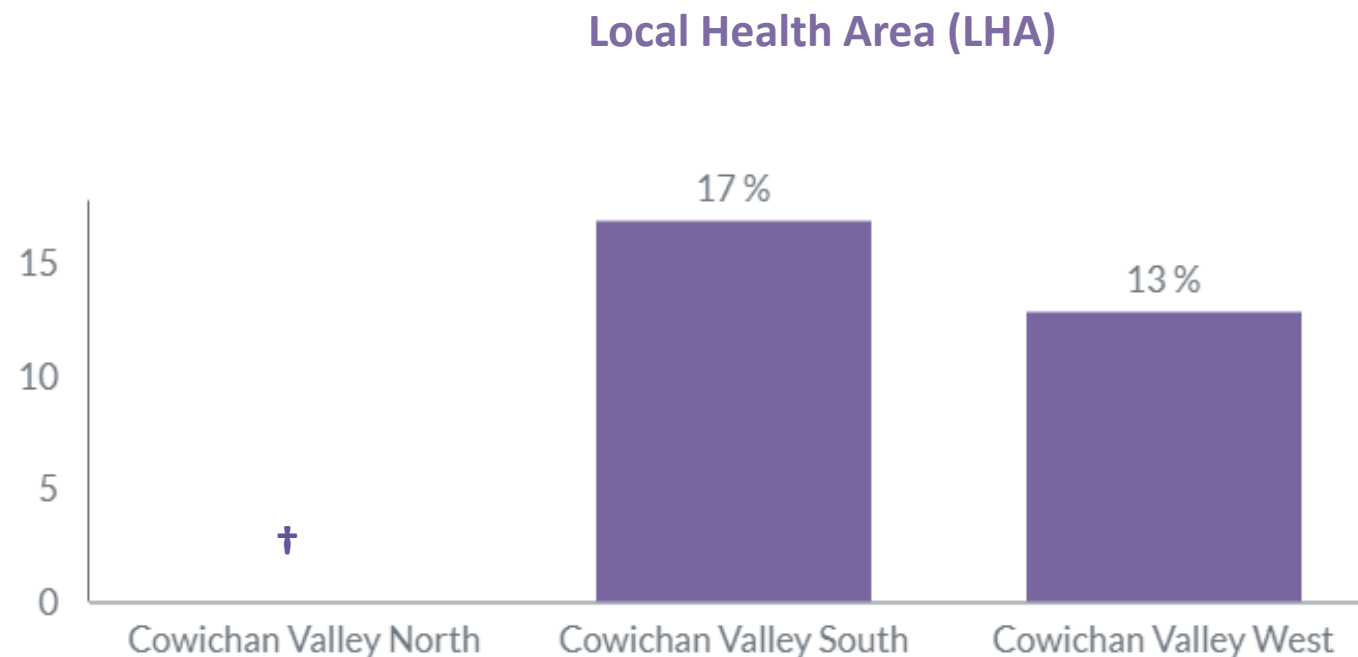
35%

reported they, or someone they care about in the Cowichan Valley, **struggle(s) with substance use**

*Cocaine, ecstasy, methamphetamine, hallucinogens, opioids or pills/prescription drugs not as prescribed

Substance Use (LHA)

In the past 12 months, have you used any of the following substances* (other than alcohol, tobacco, or cannabis)?



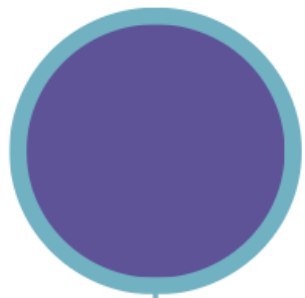
Note: The coefficient of variation (CV) measures how much the data varies compared to the average. A higher CV means more variability.

†CV is >33.3%. These data are suppressed due to lack of reliability.

*Cocaine, ecstasy, methamphetamine, hallucinogens, opioids or pills/prescription drugs not as prescribed

Substance Use (CVRD)

I feel comfortable talking to healthcare professionals about substance use



77%

always/sometimes feel comfortable
talking to healthcare professionals
about substance use



9%

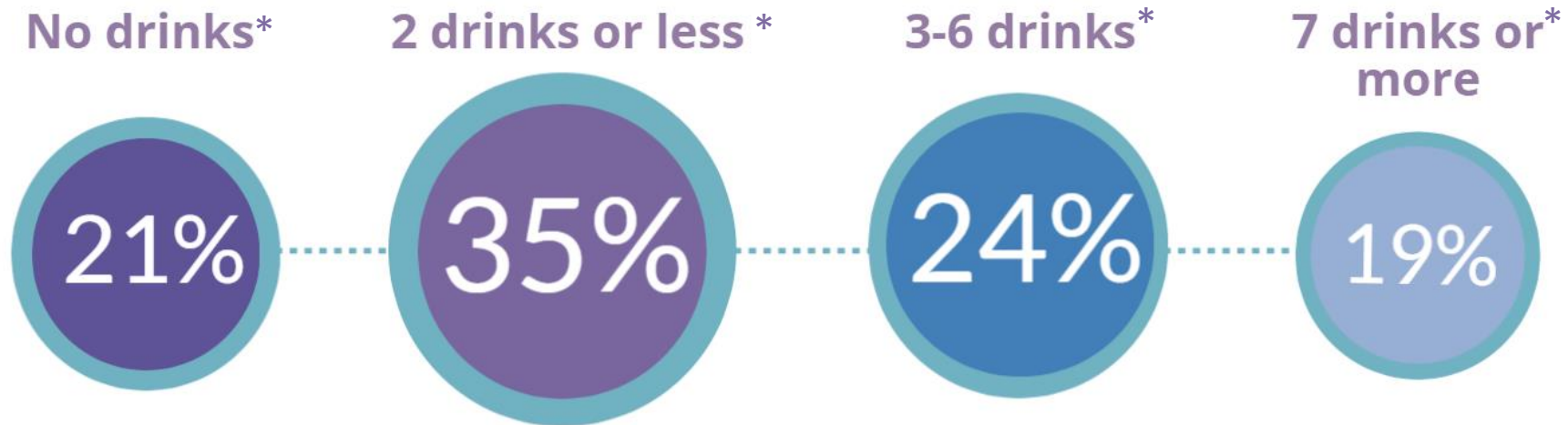
do not feel comfortable talking to
healthcare professionals about
substance use

Substance Use (CVRD)

In the past 12 months, what best describes your weekly alcohol use?

*A standard drink is:

- A bottle of beer
- A bottle of cider
- A glass of wine
- A shot of spirits



Access to Care (CVRD)

Do you have a regular health care provider?

CVRD



have a regular healthcare provider (e.g., family doctor, clinic or nurse practitioner)

Have you avoided care when you needed it due to a previous experience being treated unfairly in the Cowichan Valley?

CVRD



Have avoided care within the past 2 years or more than 2 years

Access to Care (CVRD)

In the past 12 months, did you ever have difficulty getting the healthcare you needed?

How do you think this difficulty accessing care has impacted your health?

CVRD



have had difficulty
accessing healthcare



CVRD



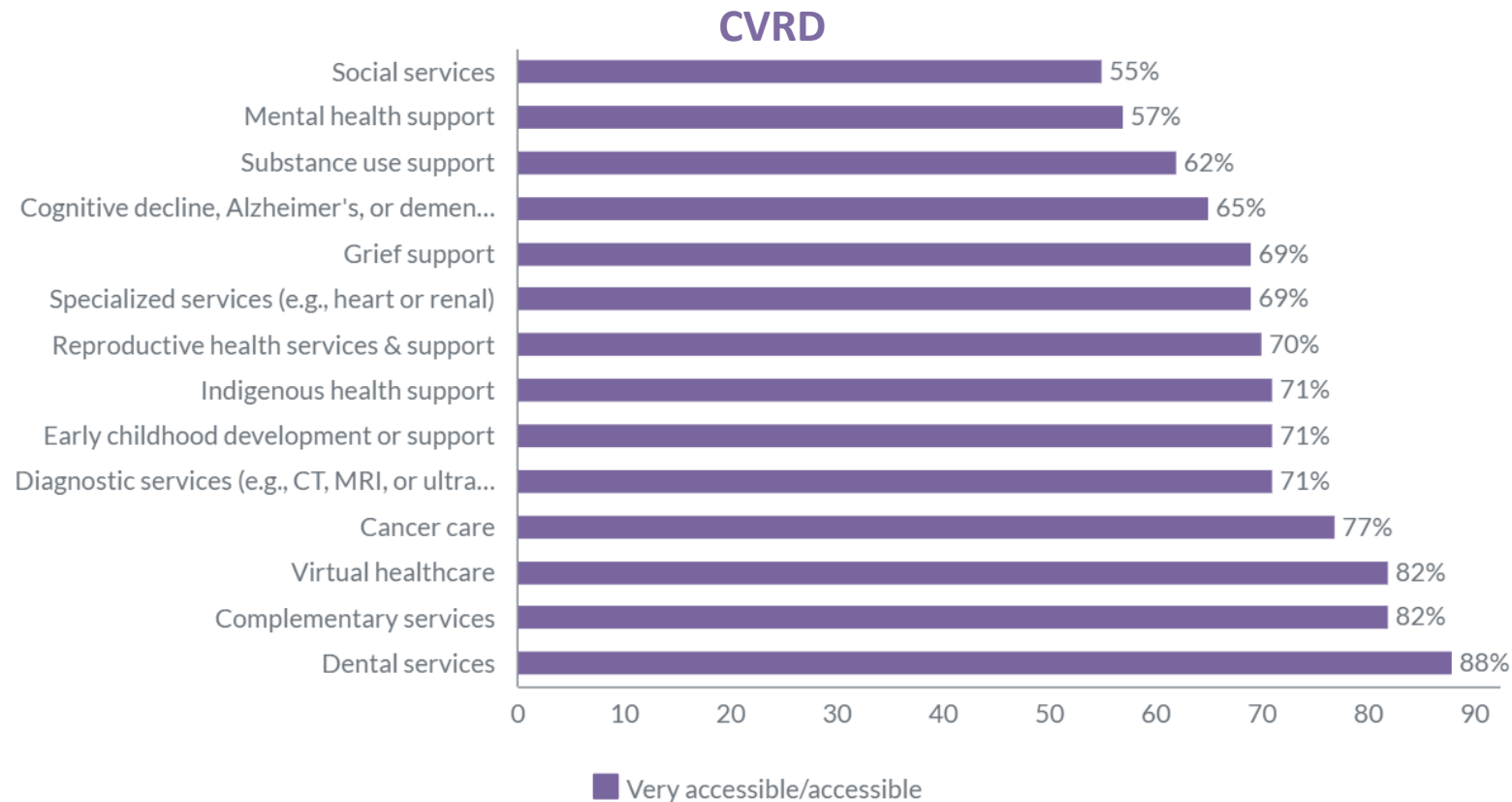
Significantly worsened



Likely not impacted

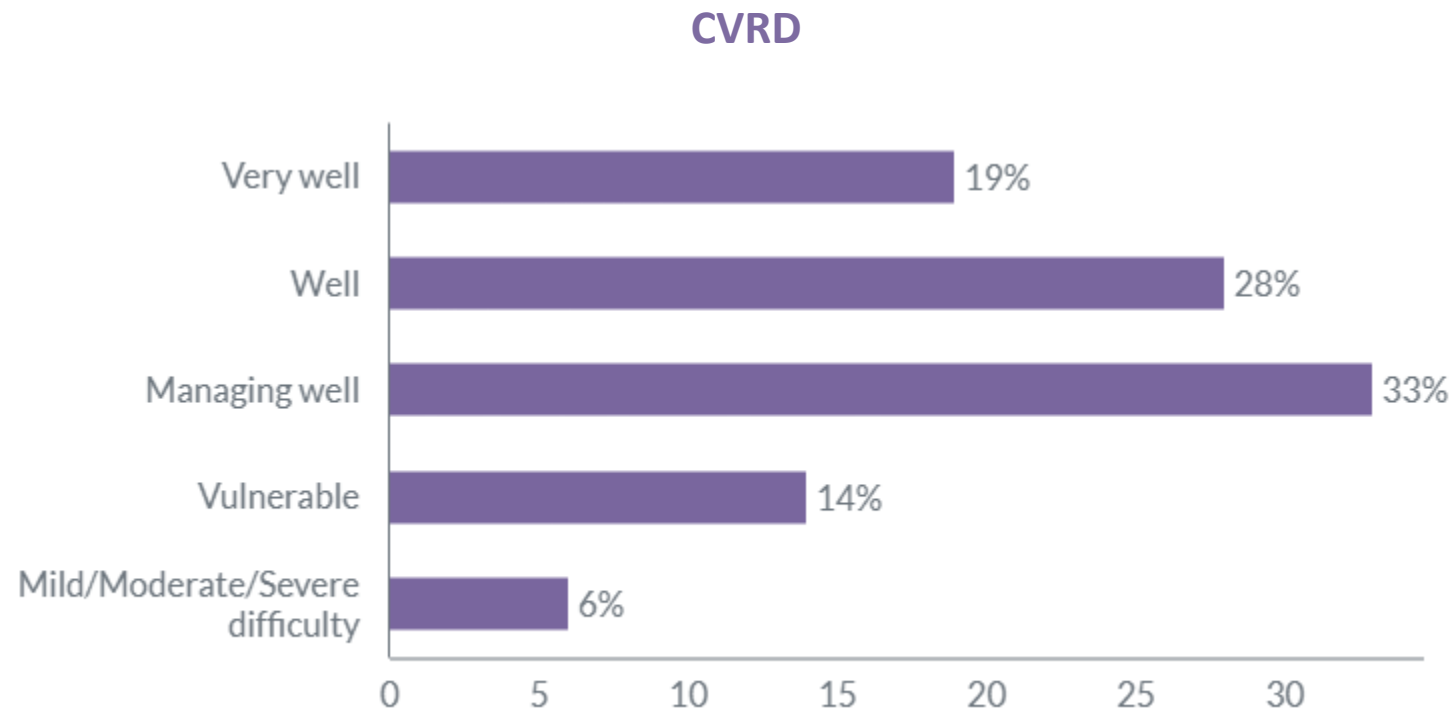
Access to Care (CVRD)

How would you rate your access to the following healthcare options in the Cowichan Valley?



Access to Care (CVRD)

Which statement best describes how you are able to navigate day-to-day tasks as a result of your health?



Public Transportation (CVRD)

Do you use public transportation in the Cowichan Valley?



Of those who use public transportation:



Community Belonging (CVRD)

How would you describe your sense of belonging to your local community?



58% rated their sense of belonging as **very strong/somewhat strong**



42% rated their sense of belonging as **somewhat weak/very weak**

How many people could you confide in, tell your problems to when you need help?

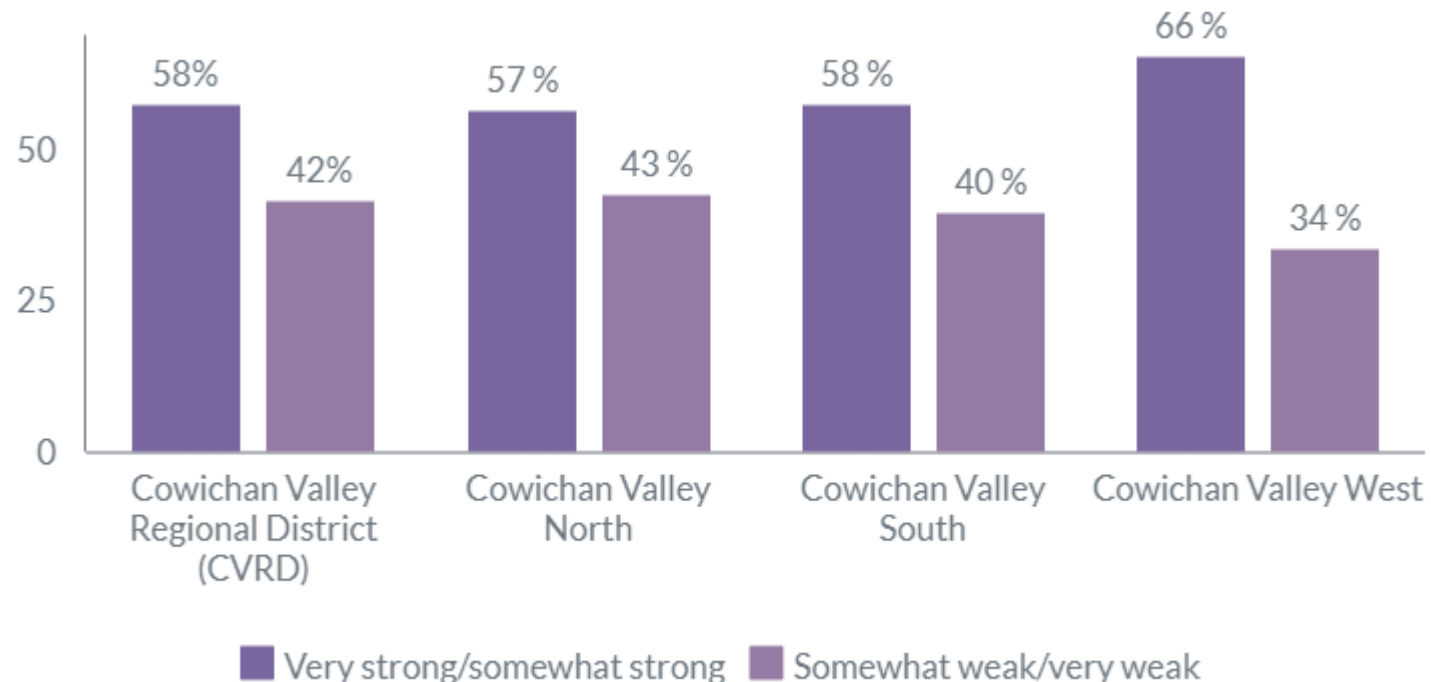
95%

had someone they could **confide in, tell their problems or call when needed**

Community Belonging (LHA)

How would you describe your sense of belonging to your local community?

Local Health Area (LHA)



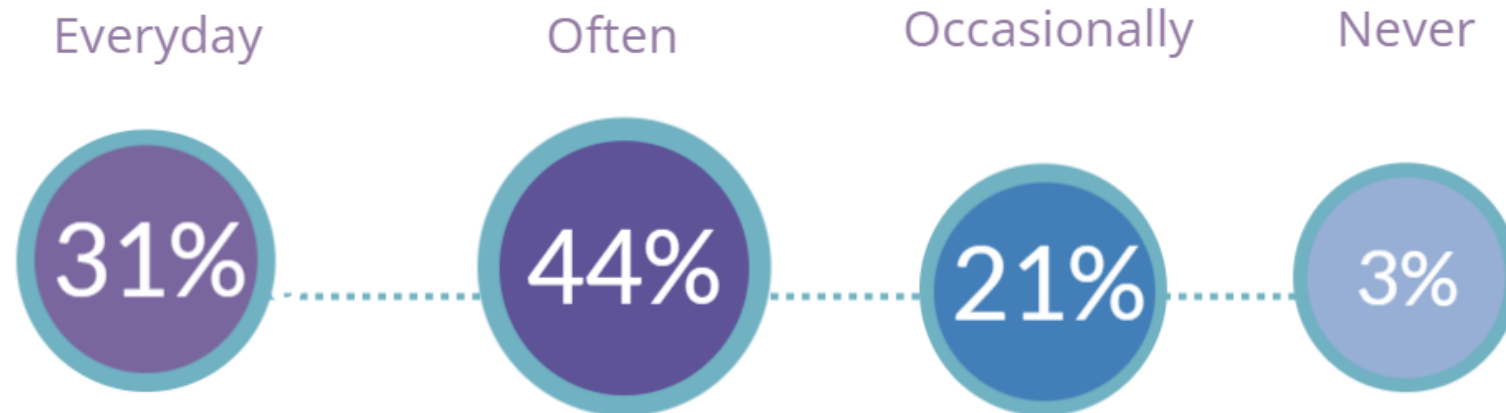
- Cowichan Valley West had the strongest sense of belonging (66%)

Healthy Environment (CVRD)

In general, how often do you spend time in natural settings?

Time spent in natural settings

example: parks, trails, beaches or near water



Healthy Environment (CVRD)

In the past 12 months, which of the following statements best describes the food eaten in your household?

Food Security

I always have enough
of the kinds of foods I
wanted

I had enough to eat,
but not always the
kind of food I wanted

Often or sometimes, I
did not have enough
to eat



Summary



While most people rated their overall health and mental health as good/very good or excellent, around one-third are still experiencing difficulties



Many Cowichan Valley residents have an environmentally friendly way to heat their home and are able to stay cool in the summer and periods of extreme heat



While most homeowners experience affordable housing, those renting are spending a considerable part of their income on housing costs

Summary



A substantial portion of Cowichan Valley residents experience a strong community belonging with nearly all reporting they have someone they can confide in



The majority of people frequently enjoy spending time in natural settings like parks, trails and beaches



*Prepared by Island Health's Population Health Assessment,
Surveillance & Epidemiology (PHASE) team.*

Inquiries: pophealthsurvepi@islandhealth.ca