



SUMMARY REPORT

Community Health Needs Assessment

2018-2019

TRACADIE | SAUMAREZ | SAINT-ISIDORE

Introduction

Message from the President and CEO



We are happy to start the five-year cycle of Community Health Needs Assessments (CHNA).

A CHNA is the pivot point for a process in which health professionals and decision-makers will determine which individuals', families' or population groups' needs constitute priorities and ensure that the resources of the healthcare system are assigned in a way that has optimal effects on improving population health.

The CHNA cycle is one form of intervention that encourages transparent communications and community participation.

We are grateful for the engagement and participation of citizens, our community and government partners, staff and the general public during the various consultations.

Gilles Lanteigne
President & CEO

Purpose

Under the *New Brunswick Regional Health Authorities Act* (2011), the regional health authorities, with Vitalité Health Network and Horizon Health Network, are held responsible for identifying the health needs of the communities they serve. CHNAs are done for each of the 33 communities defined by the New Brunswick Health Council (NBHC). Vitalité Health Network covers 13 of these communities.

Community Health Needs Assessment

A CHNA is a dynamic, on-going process undertaken to identify the strengths, and needs of the community and to enable community-wide establishment of wellness and health priorities that improve the health status of the population.

Main Objective

The main objective of a CHNA is to determine a prioritized list of health and wellness needs that will help Vitalité Health Network, its partners and community organizations to plan services and assign resources in the community.

Population Health Approach

The CHNA process is best understood from a population health approach. This approach aims to improve the health of the entire population and reduce health inequities between various population groups. This approach takes in a vast range of factors and conditions that have the greatest effect on our health and tries to influence them (Public Health Agency of Canada, 2012). These factors and conditions, commonly referred to as "the determinants of health", include: income and social status, social support networks, education, employment/working conditions, social environments, physical environments, personal health practices and coping skills, early childhood development, biology and genetic endowment, health services, gender and culture.

Methodology

CHNA Process

Referring to the *Community Health Needs Assessment Guideline* (Government of New Brunswick, 2018), the CHNA process consists of five key activities. However, it needs to be flexible and reactive to the local context of each community being assessed.

1. Community Engagement

- Creation of a temporary Community Advisory Committee (CAC) in the community.

2. Data Collection

- Collect the quantitative data available on the community.
- Collect new qualitative data (e.g. discussion groups, individual interviews, etc.).

3. Interpretation and Analysis

- Analyze quantitative data and new qualitative information.
- Cross reference qualitative results with quantitative data.

4. Develop Priorities and Recommendations

- Prioritize the needs identified by the CAC.
- Identify community assets and strengths.
- Identify possible recommendations.

5. Report back to the Community and Feedback

- Write the summary report and distribute it to the community and the general public.

Community Advisory Committee

The Community Advisory Committee (CAC) is the true cornerstone of the CHNA process. The mandate of the CAC is to encourage community participation and engagement throughout the process, as well as to provide advice and information on health and wellness priorities in its community.

The CAC for the CHNA of Tracadie, Saumarez and Saint-Isidore had representatives from various sectors: Centre de bénévolat de la Péninsule acadienne, Royal Canadian Mounted Police, New Brunswick Association for Community Living, Department of Education and Early Childhood Development, Polyvalente W.-A. Losier, École primaire La Ruche, Extra-Mural Program, Université du troisième âge, Réseau mieux-être de la Péninsule acadienne, Services à la famille de la Péninsule, ACCESS Esprits ouverts, Public Health, Primary Healthcare, Saint-Isidore Community Health Centre, Community Mental Health Centre, Addiction Treatment Services, Équipe enfants-jeunes (delivering integrated services), Tracadie Hospital.



Community Assessed

Socio-demographic Profile

Tracadie and its neighbouring communities:

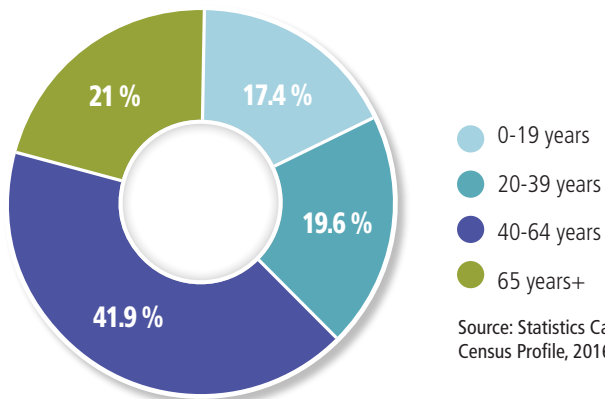
Canton des Basques	Saint-Irenée
Haut-Sheila	Saint-Isidore
Leech	Tracadie
Losier Settlement	Val-Comeau
Petit Tracadie	Saumarez
Pointe à Tom	Saint-Pons
Pointe des Robichaud	Pont Landry
Rivière à la Truite	Pont Lafrance



Source: NBHC. (2017). My Community at a Glance 2017: Tracadie, Saumarez and Saint-Isidore.

The community of Tracadie and its surrounding area is part of Zone 6 of Vitalité Health Network, known as the Acadie-Bathurst Region. The Tracadie region is in northeastern New Brunswick in the heart of the Acadian Peninsula. This community has a Francophone majority (97% compared to 27.9% for New Brunswick) (NBHC, 2017). In 2016, the Tracadie region had 18,240 inhabitants (Statistics Canada, 2016).

POPULATION DEMOGRAPHICS (2016)



Source: Statistics Canada. (2016). Census Profile, 2016 Census.

Overview of Priority Sectors

1. Child and Youth Health and Wellness

- Health-related behaviours
- School environment

2. Support for Families

- Socio-economic conditions of families
- Stress levels among children ages 0 to 8

3. Self-Management of Chronic Health Problems

- Individual engagement and responsibility with respect to their general health
- Education on various chronic health problems

4. Access to Health Care Services

- Timely access and access outside regular hours to a family physician
- Timely access to hospitality physiotherapy services
- Coordination of the resources and services available in the community
- Access to transportation

5. Take Charge of the Aging Population

- Organization and promotion of services for seniors
- Precarious social and economic status of seniors
- Educational support to maintain health and wellness

6. Improving Mental Health in the Community and in the Hospitals

- Stigma around mental health
- Awareness of mental health within the hospital

1 Child and Youth Health and Wellness

A few main factors seem to contribute to the challenge of overweight and obesity among children and youth in the community, in particular health-related behaviours, the school environment and access to junk food.

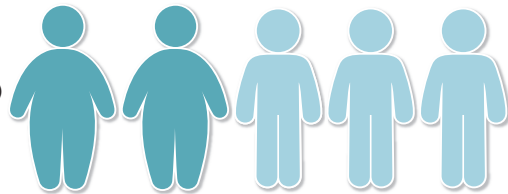
Bullying at school, the use of drugs and nicotine and the transition period from high school to post-secondary studies or the job market are factors that can affect the health and wellness of youth in the community.

In light of this, a few reasons explain the problems related to the use of drugs and of nicotine products among youth in the community. For example, the variety of and easy access to drugs, excessive use of e-cigarettes and vaping and the use of alcohol or drugs on the road.

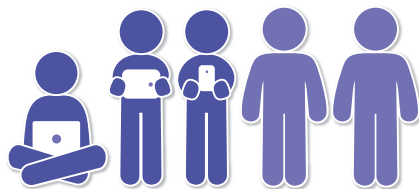
Did you know?

Health-related behaviours represent **40%** of determinants of health. Health-related behaviours consist of eating, physical activity, smoking and drinking habits, and coping with life's stressors which can influence health and well-being (NBHC, 2017).

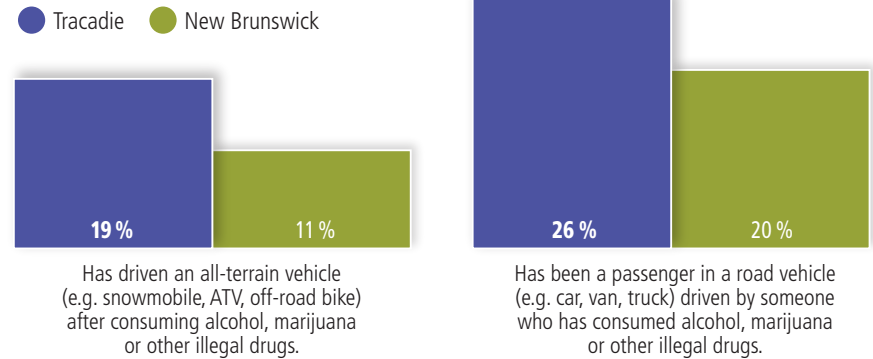
In 2014, almost **two children out of five** (Kindergarten to Grade 12) in the community of Tracadie were **overweight or obese** (NBHC, 2017).



In 2016, almost **three youth out of five** (Grades 6 to 12) **spent over two hours a day in front of a screen** (NBHC, 2017).



USE OF ALCOOL OR DRUGS - STUDENTS IN GRADES 9 TO 12 (2015-2016)



Source : NBHC. (2017). My Community at a Glance: Tracadie, Saumarez and Saint-Isidore.

Potential solutions

- Support schools and the community in fostering an environment that favors healthy choices.
- Develop an information kit on the negative effects of vaping to be distributed in the schools.
- Increase opportunities and activities that strengthen resilience in young children.

2 Support for Families

The presence of socioeconomic disparities seems to be increasing within the community, a reality complementary to several other needs identified in the community.

- In 2016, 19.7% of the population of Tracadie and the surrounding area lived in a low-income household compared to 17.1% in New Brunswick (Statistics Canada, 2016).
- In 2015, the median total household income was \$52,679 compared to \$59,347 in New Brunswick (NBHC, 2015).

According to participants, reducing the stress level of children ages 0 to 8 is a need based on two main factors: the transition from daycare to primary school and the low level of engagement of certain parents towards their child's healthy development. At the same time, it was mentioned that children with learning difficulties or special educational needs are in greater danger of being bullied.

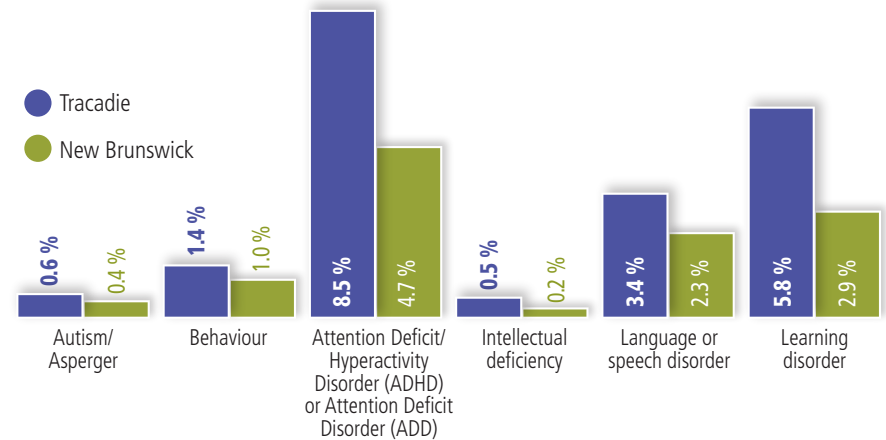
Did you know?

“ The Early Years Evaluation – Direct Assessment (EYE-DA) is a voluntary initiative offered to parents by school districts and schools that assesses four key areas of early childhood development: Awareness of Self and Environment, Cognitive Skills, Language and Communication, and Physical Development. This evaluation is ideal for children ages 3 to 5 preparing to start school. The EYE-DA can help parents, schools and communities to ensure a positive transition to school.”

(The Learning Bar, 2019).

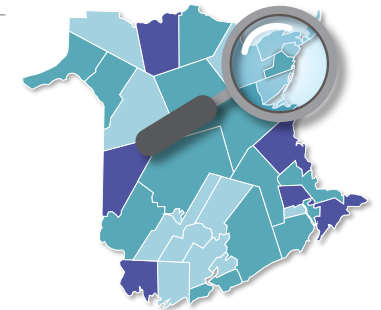
Community asset and strength: The mission of the Centre de ressources familiales de la Péninsule acadienne is to strengthen parenting skills among parents of children ages 0 to 6 (Centre de Bénévolat de la Péninsule acadienne, 2018).

DIAGNOSED WITH LEARNING DIFFICULTIES OR SPECIAL EDUCATIONAL NEEDS - A PARENT RESPONDED FOR A CHILD IN KINDERGARTEN TO GRADE 5 (2013-2014)



FOOD INSECURITY AT HOME, WITH OR WITHOUT CHILDREN (MODERATE AND SEVERE) (2014-2015)

- 12 - 17 %
- 9 - 11 %
- 2 - 8 %



Source : NBHC. (2017). My Community at a Glance 2017: Tracadie, Saumarez and Saint-Isidore.

Potential solutions

- Set up a community dietary mentorship program through collaboration among several community bodies and Vitalité Health Network.
- Increase opportunities for collaboration among Public Health, the Francophone Northeast School District and the Centre de ressources familiales de la Péninsule acadienne.
- Bring the key partners together to develop a Municipal Family Policy for Tracadie: a policy supporting parents in their roles.

3 Self-Management of Chronic Health Problems

Self-management of chronic health problems is identified as a problem explained by a lack of engagement and accountability of individuals toward their general health, a lack of education on chronic health conditions and a lack of resources related to preventive services for chronic health problems.

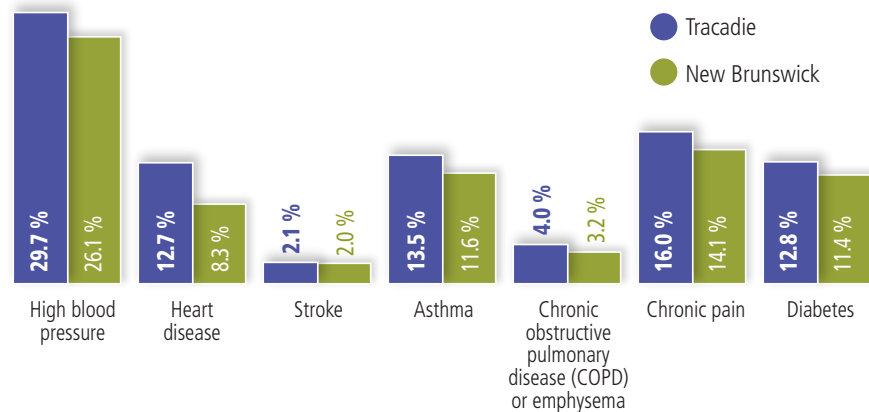
The ability to manage one's own health may create a number of challenges for those who have several health problems. For instance, a lack of support and accountability may have a negative effect on an individual's health.

"It all comes down to how patients manage their illness. They absolutely have to be aware of the scope of their condition in order to be self-disciplined and engaged toward their own health." – Focus group participant.

Did you know?

Illness prevention and health promotion could reduce the incidence of new chronic health problems and decrease the prevalence of chronic illnesses (NBHC, 2016).

CHRONIC HEALTH PROBLEMS, 18+ (2017)



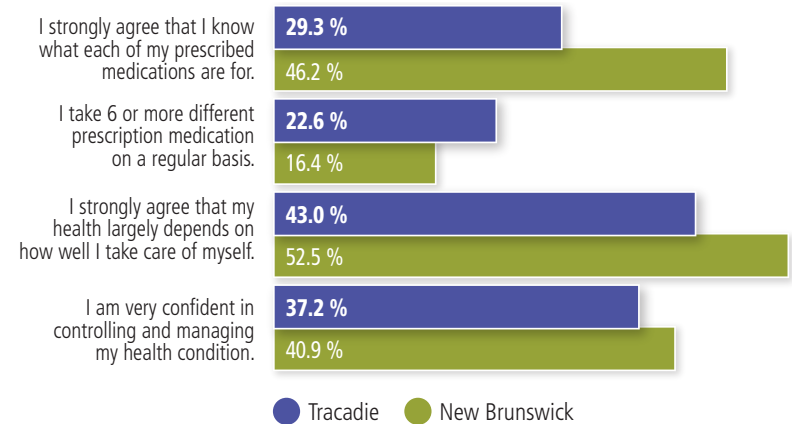
Source : NBHC. (2017). Primary Health Survey 2017: Tracadie, Saumarez and Saint-Isidore. Population 18+: 15,459; sample size: 350; margin of error: ± 5.2%.

Community asset and strength: The Centre Action Santé de Saint-Isidore, or "community gym", is an initiative developed by the community that offers physical fitness services and products.

CHRONIC HEALTH PROBLEMS, 18+ (2017)



SELF-MANAGEMENT OF CHRONIC HEALTH PROBLEMS, 18+ (2017)



Source : NBHC. (2017). Primary Health Survey 2017: Tracadie, Saumarez and Saint-Isidore. Among the chronic health problems: arthritis, asthma, chronic pain, emphysema or COPD, cancer, diabetes, depression, mood disorder other than depression, heart disease, stroke, high blood pressure and gastric reflux. Population 18+: 15,459; sample size: 350; margin of error: ± 5.2%.

Potential solutions

- Prevention and education are identified as priority areas of action on this problem.
- Train employees of the Vitalité Health Network on self-management strategies.

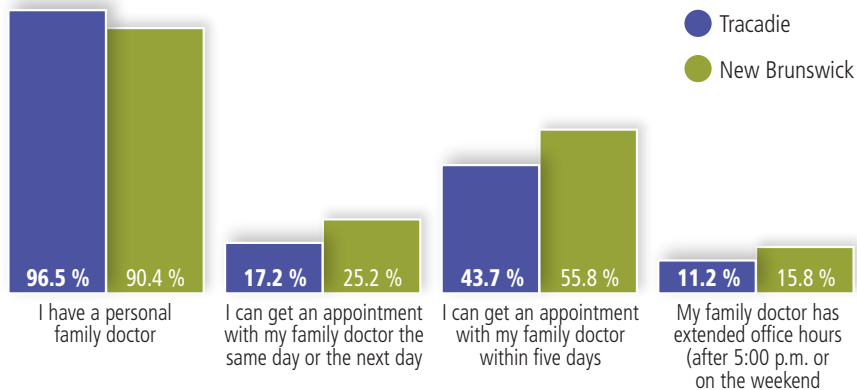
4 Access to Health Care Services

While most citizens in the community (96.5%) say that they have a family physician, the challenge is with timely access and accessibility outside of regular hours. A trend was observed of residents going to the hospital ER for primary care that is in most cases considered to be non-urgent.

Did you know?

Limited access to health care and services may result in declining population health (McMurchy, 2009).

ACCESS TO A FAMILY PHYSICIAN



Source : NBHC. (2017). Primary health survey 2017: Tracadie, Saumarez and Saint-Isidore. Population 18+: 15,459; sample size: 350; margin of error: ± 5.2%.

As for timely access to hospital-based physiotherapy services, wait times are up to 18 months for medium priority and up to 24 months for low priority (October 2018). According to the consultations, certain factors, such as an aging population, the main industries in the region and the prevalence of chronic pain in the community, contribute to the high demand for this service.

It was also mentioned that some people find it complicated to navigate the health-care system because they have to go to several places to obtain services, not to mention the challenge of finding access to transportation to travel to these places. Participants indicated that the population groups who are the neediest and most vulnerable are at highest risk of encountering challenges with access to transportation.

Potential solutions

- Review the physiotherapy service delivery process to better meet the needs of the community.
- Target and create partnerships with community organizations that can improve mobility capacities in the community.
- Increase recruitment efforts to implement the New Brunswick Family Medicine program in Tracadie.
- Encourage intersectoral communication and coordination of service, within both the Network and the community.

5 Taking Charge of the Aging Population

Population aging and the complexity of health needs are challenges facing a number of healthcare systems (Barr, Robinson, Marin-Link, Dotts, Ravensdale and Salivara, 2003). The population of Tracadie, like that of the rest of the province, is aging.

According to participants, the offer of services isn't adapted to seniors' precarious social and economic status, and this creates many challenges for maintaining their health and wellness. For instance:

- i. The methods used to promote the available services and resources are not always adapted to the realities of seniors: they don't know what is available in the community;
- ii. There is a lack of coordination among the different programs, initiatives and resources available in the community that directly target seniors.

"Access is a big problem. The services are located all over and often you have to travel to several places." – Focus group participant.

A number of seniors lack the social support and financial means to travel to several points of service. According to the consultations, seniors need educational support to maintain their independence and to adopt a healthy lifestyle despite their precarious social and economic status (e.g. healthy diet, physical activity, education on aging-related diseases, etc.). Only 24% of seniors in the community perceive their general state of health status as very good or excellent, one of the lowest percentages in the whole province (NBHC, 2017).

"The biggest challenge is to contact seniors who are already isolated. They're at the greatest risk." - Focus group participant.

PROPORTION OF THE POPULATION 65+ (2016)



Source : Statistics Canada. (2016). Census Profile. 2016 Census.

Community assets and strengths:

- The municipality of Tracadie was the first community in New Brunswick to develop a Regional Seniors Policy.
- The mission of the committee piloting the Age-Friendly Municipality / Age-Friendly Community (AFM/AFC) project is to foster active aging in New Brunswick and to better equip municipalities to do so (Tracadie Regional Municipality, 2014).
- Many seniors in the community want to remain in their own homes as long as possible.
- The Saint-Isidore Community Health Center offers a wide range of services near seniors in the community of Saint-Isidore (e.g. vaccination, taking samples, phlebotomy twice a week, etc.).
- Le Réseau Mieux-être Péninsule acadienne promotes wellness with chronicles on the community radio station.

Potential solutions

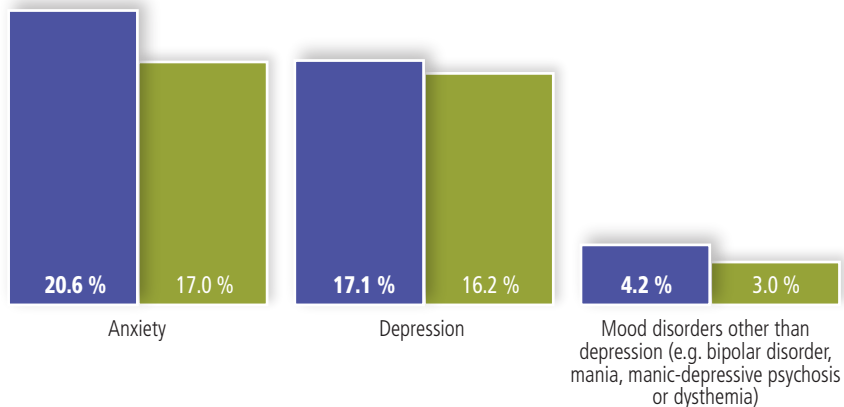
- Use methods that suit seniors to promote the 811 (Tele-Care) telephone service.
- Centralize services to create a single point of entry and encourage care by an interdisciplinary team.
- Develop educational support services to equip seniors to maintain their independence, health and wellness: consider the possibility of expanding the Vitalité Health Network's At Home Program.

6 Improving Mental Health in the Community and in the Hospital

According to the consultations, mental illness and mental health problems are still deeply stigmatized in the community, at all age levels. First, it was mentioned that some people hesitate to seek services for fear of meeting someone they know from the community. This means that certain persons don't seek timely services.

"Even today, people who present with mental health problems feel guilty and are ashamed to get services in the community." – Focus group participant.

MENTAL HEALTH PROBLEMS, 18+ (2017)



Source : NBHC. (2017). Primary health survey 2017: Tracadie, Saumarez and Saint-Isidore. Population 18+: 15,459; sample size: 350; margin of error: ± 5.2%.

Based on the information collected during the consultations, there is a need to make various health professionals more aware regarding those who present themselves at the hospital with a mental health problem. More precisely, someone who arrives at the ER in a state of crisis (e.g. panic or anxiety attack) has to go to triage and then be sent back to the waiting room, and may have to wait several hours before being treated. This sort of situation can make the person's initial state worse and become an "uncomfortable event".

Community assets and strengths:

- The Vitalité Health Network's mobile crisis team can go to the Emergency Room to assess a patient in crisis.
- The Canadian Mental Health Association for New Brunswick (CHMANB) offers several low-cost or free programs and trainings to spread awareness, educate and reduce the stigma surrounding mental health.
- The Comité d'action en santé mentale Péninsule Acadienne (part of the Réseau mieux-être de la Péninsule acadienne) organizes a free, inclusive day of workshops and presentations "Wow, ça me fait du bien!"

Potential solutions

- Improve community awareness and education on mental health starting in childhood: reinforce the possibilities for collaboration between Vitalité Health Network and CHMANB.
- Improve community treatment for persons suffering from mental health problems.
- Increase awareness among health professionals working in hospitals through various trainings.
- Promote community mental health resources and services in the hospitals.

Opportunities for Action

Collective Impact

The health and wellness challenges confronting communities' impact not only their quality of life, but also their ability to contribute to the growth and economy of their community. An organization alone cannot overcome all these challenges. Therefore, it is through citizen engagement and collaboration between various community organizations and government departments that we will be able to improve the quality of life and the health status of our communities.

Key partners

- New Brunswick Health Council
- Centre de ressources familiales de la Péninsule acadienne
- Réseau Mieux-être Péninsule acadienne
- Department of Education and Early Childhood Development
- Department of Social Development
- Extra-Mural Program
- Université du troisième âge
- Royal Canadian Mounted Police
- Services à la Famille de la Péninsule
- Primary and secondary schools in the region

Next Steps

- During its planning process, the Leadership of Vitalité Health Network will take into consideration the needs identified in the Tracadie, Saint-Isidore and Saumarez CHNA.
- Distribute the results of the CHNA to the community and the general public.
- Spread awareness among the relevant teams and the key partners that can help to fulfill the needs identified in the CHNA.

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