Overview Report
Health Neighbourhoods
in Durham Region

DURHAM REGION HEALTH DEPARTMENT

updated July 2016

The Health Neighbourhoods Project

The Health Neighbourhoods initiative examines information for 50 Health Neighbourhoods in Durham Region to better understand patterns of health in our communities. The ultimate goal is to support strong, safe and equitable Neighbourhoods that improve the health and well-being of all residents.

The project was started by the Durham Region Health Department and is expanding to include other partners. The information provides a picture of how health varies by where we live and includes indicators on population, income, education, births, breastfeeding, early child development, injury, smoking, physical activity, obesity, infectious disease, chronic disease, life expectancy and more. Each indicator is mapped and summarized and each Neighbourhood is compared to Durham Region as a whole. The January 2015 release presented 62 indicators, which was expanded to 82 indicators in February 2016. A map of the Health Neighbourhoods in Durham Region and a list of the indicators are shown on pages 3-5. The term "Neighbourhood" is used throughout to refer to the geographical Health Neighbourhoods as defined by the Health Department. The Health Neighbourhoods information is available at durham.ca/neighbourhoods.

- The Health Department is presenting information for 50 Health Neighbourhoods in Durham Region to better understand patterns of health in our communities. The Neighbourhoods show the diversity of Durham Region.

- Young families are most concentrated in Neighbourhoods in north and east Ajax, north Whitby, north Oshawa and north Bowmanville.

- Some indicators show striking east-west differences. West Durham Region has higher populations of recent immigrants and visible minorities, higher income levels and longer commutes to work. Although babies in Ajax and Pickering are more likely to have a birth weight that is too low and less likely to receive the enhanced 18-month well-baby visit, breastfeeding rates are higher and births to older mothers are higher. East Durham Region residents are more likely to have an injury that results in an emergency department visit, higher rates of lung disease and babies born with a birth weight that is too high.

- The Neighbourhoods in the downtown areas of Pickering, Ajax, Whitby and Oshawa tend to have lower incomes, more seniors living alone, more households that rent and fewer young people. These urban areas also have some important health challenges.

- Income has a big impact on health. Neighbourhoods with the lowest incomes tend to have poorer health. Seven Priority Neighbourhoods have been identified by the Health Department as communities that require focus to build on health and well-being.

- Rural Neighbourhoods have lower birth rates, smaller populations of young children, more seniors and fewer visible minorities and recent immigrants. They also have higher rates of enteric diseases and emergency department visits for injuries. Adults living in rural Neighbourhoods tend to eat more vegetables and fruit, have lower prevalence of asthma in children, diabetes in adults and lower ambulance call to residences.

- In general, Durham Region residents enjoy good health. However, it is clear that health varies by where you live and that there is much room for improvement. The Health Neighbourhood maps, indicator summaries, profiles and reports provide communities with the information they need to take action. Together we can all make Durham Region healthier.

DURHAM REGION
Health Neighbourhoods
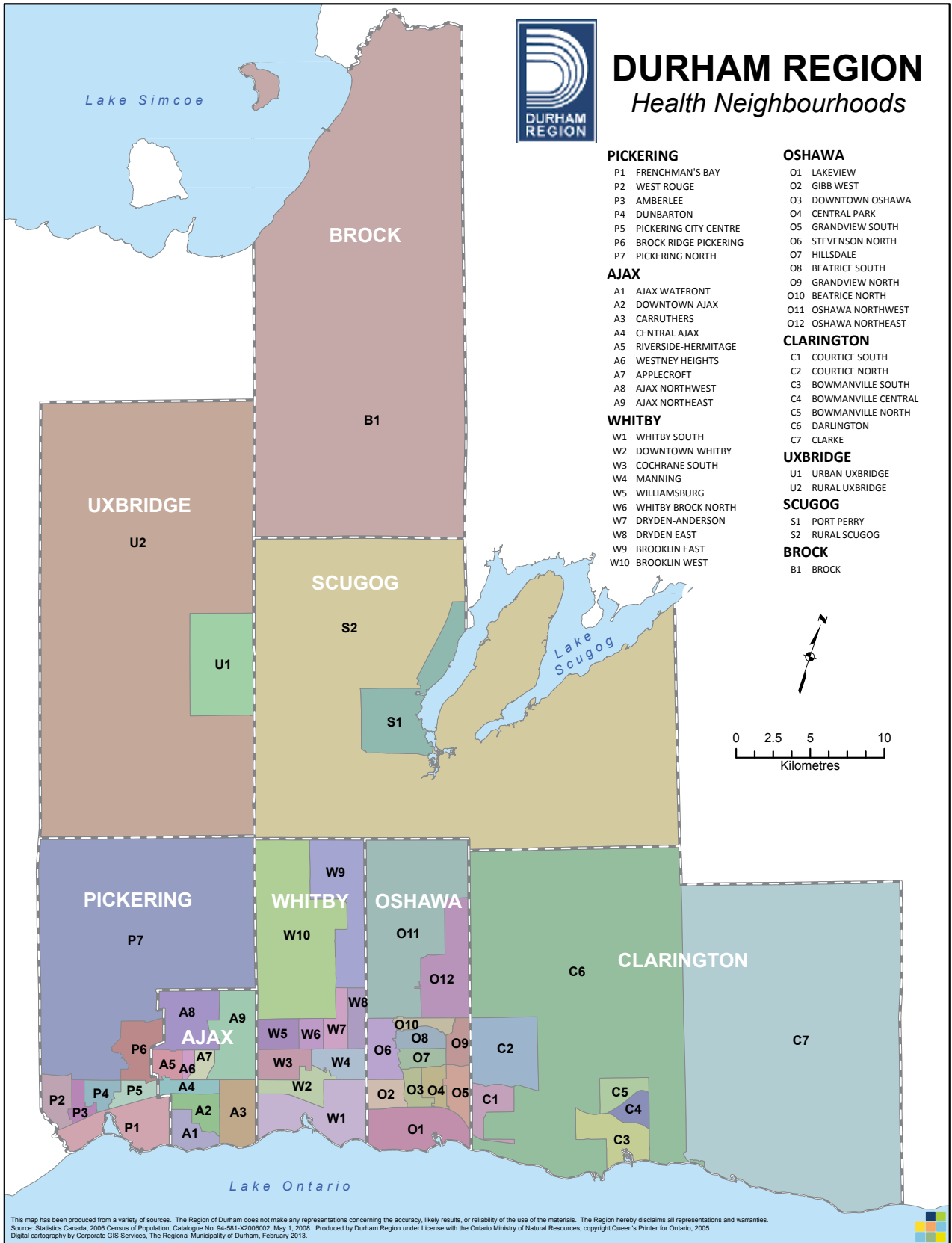
PICKERING
P1 FRENCHMAN'S BAY
P2 WEST ROUGE
P3 AMBERLEE
P4 DUNBARTON
P5 PICKERING CITY CENTRE
P6 BROCK RIDGE PICKERING
P7 PICKERING NORTH

AJAX
A1 AJAX WATFRONT
A2 DOWNTOWN AJAX
A3 CARRUTHERS
A4 CENTRAL AJAX
A5 RIVERSIDE-HERMITAGE
A6 WESTNEY HEIGHTS
A7 APPLECROFT
A8 AJAX NORTHWEST
A9 AJAX NORTHEAST

WHITBY
W1 WHITBY SOUTH
W2 DOWNTOWN WHITBY
W3 COCHRANE SOUTH
W4 MANNING
W5 WILLIAMSBURG
W6 WHITBY BROCK NORTH
W7 DRYDEN-ANDERSON
W8 DRYDEN EAST
W9 BROOKLIN EAST
W10 BROOKLIN WEST

OSHAWA
O1 LAKEVIEW
O2 GIBB WEST
O3 DOWNTOWN OSHAWA
O4 CENTRAL PARK
O5 GRANDVIEW SOUTH
O6 STEVENSON NORTH
O7 HILLSDALE
O8 BEATRICE SOUTH
O9 GRANDVIEW NORTH
O10 BEATRICE NORTH
O11 OSHAWA NORTHWEST
O12 OSHAWA NORTHEAST

CLARINGTON
C1 COURTICE SOUTH
C2 COURTICE NORTH
C3 BOWMANVILLE SOUTH
C4 BOWMANVILLE CENTRAL
C5 BOWMANVILLE NORTH
C6 DARLINGTON
C7 CLARKE

UXBRIDGE
U1 URBAN UXBRIDGE
U2 RURAL UXBRIDGE

SCUGOG
S1 PORT PERRY
S2 RURAL SCUGOG

BROCK
B1 BROCK

0 2.5 5 10
Kilometres

Lake Simcoe

BROCK
B1

UXBRIDGE
U2

U1

SCUGOG
S2

S1

Lake Scugog

PICKERING
P7

WHITBY
W9
W10

OSHAWA
O11
O12

CLARINGTON
C6

C7

A8 A9
AJAX
P6
A5 A7
A6
A4
W5 W6 W7
W8
W3 W4
W2
O10
O6 O8
O7
O9
C2
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C1
P2
P4 P5
P3
P1
A2 A3
A1
W1
O2 O3 O4 O5
O1

Lake Ontario

List of Health Neighbourhood Indicators, July 2016

Demographic Indicators	Demographic Indicators
1. Population growth rate	22. Aboriginal population
2. Population aged 0-14 years	23. Recent immigrants
3. Population aged 0-4 years	24. Visible minorities
4. Population aged 5-9 years	25. Movers
5. Population aged 10-14 years	26. Renters
6. Population aged 15-19 years	27. Shelter costs
7. Population aged 20-24 years	28. Not suitable housing
8. Population aged 25-29 years	29. Major dwelling repairs
9. Population aged 30-39 years	**Early Child Development Indicators – Early Development Instrument (EDI)**
10. Population aged 40-49 years	30. Vulnerable in physical health and well-being
11. Population aged 50-59 years	31. Vulnerable in social competence
12. Population aged 60-64 years	32. Vulnerable in emotional maturity
13. Population aged 65+ years	33. Vulnerable in language and cognitive development
14. Seniors living alone	34. Vulnerable in communication skills and general knowledge
15. Female lone-parent families	35. Vulnerable in one or more domains
16. Low income rate	36. Vulnerable in two or more domains
17. Children less than 6 years in low income households	**Early Child Development Indicators – Senior Kindergarten (SK) Parent Survey**
18. Median after-tax household income	37. Parent-rated health of SK children
19. No high school completion	38. Child-friendly neighbourhood
20. Unemployment rate	39. SK children walking or biking to school
21. Commuting duration	

| Health Indicators	Health Indicators
40. Self-rated health	62. Falls, ED visit rate, ages 65+
41. Self-rated mental health	63. Smoking
42. Life expectancy - Males	64. Obesity
43. Life expectancy - Females	65. Vegetable and fruit consumption
44. Live birth	66. Alcohol use in excess of Canada's Low-Risk Drinking Alcohol Guidelines
45. Births to young mothers	67. Physical activity
46. Births to older mothers	68. Flu shots
47. Preterm birth rate in singletons	69. Breast cancer screening (mammography)
48. Small-for-gestational age (SGA)	70. Cervical cancer screening (Pap test)
49. Large-for-gestational age (LGA)	71. Overdue for colorectal cancer screening
50. Teen pregnancy	72. Cardiovascular disease hospitalization, ages 45-64
51. Breastfeeding at hospital discharge	73. Diabetes prevalence
52. Breastmilk only at hospital discharge	74. Lung disease (COPD)
53. Breastfeeding duration rate at 6 months	75. Chlamydia incidence, females ages 15-24 years
54. 18-month enhanced well-baby visits	76. Enteric diseases incidence
55. Asthma, emergency department (ED) visit rate, ages 0-14	77. Influenza incidence
56. Asthma prevalence rate, ages 0-14	78. Hepatitis C incidence
57. Dental decay in Grade 2 students by school	79. Latent tuberculosis infection (LTBI) incidence
58. All injuries, ED visits	80. Population with primary care physician
59. Sports injuries, ED visits	81. Residence ambulance calls
60. Motor vehicle traffic collisions, ED visits, ages 15-24	82. Residence ambulance calls in seniors
61. Falls, ED visits, ages 0-4	

Health Neighbourhood Products

The Neighbourhoods information is available through the Region of Durham website at durham.ca/neighbourhoods, which provides access to reports, the Map Viewer, Indicator Summaries and Neighbourhood Profiles for 50 Neighbourhoods, eight municipalities and Durham Region itself. The Map Viewer allows users to zoom in to specific Neighbourhoods and view roads and various points of interest, such as schools and recreational facilities. The "Demographic", "Early Child Development" and "Health" tabs provide access to maps of specific indicators, as well as the Summaries and Profiles. For more specific information about data sources, indicator definitions and methodology, please see The Guide to Health Neighbourhoods.

How is the Health Neighbourhoods Information Used?

The Neighbourhoods information is used by many different organizations in Durham Region to help improve the health of our communities.

Within the Health Department, staff use the information to better understand patterns of health and disease and to focus health promotion programs more effectively. For example, smoking cessation programs are directed to areas with the highest smoking rates. Public health nurses are working with physicians and midwives to improve birth outcomes for babies and focusing in areas where they can make the greatest impact. Maps on breastfeeding duration can help us to better understand what is needed to support breastfeeding in our communities.

Other Regional Departments and community partners are also using the information. The Social Services Department is connecting school readiness data from senior kindergarten (SK) children with birth, breastfeeding and other health indicators to improve child care and child development initiatives. Everyone can use the information to work towards creating healthier Neighbourhoods.
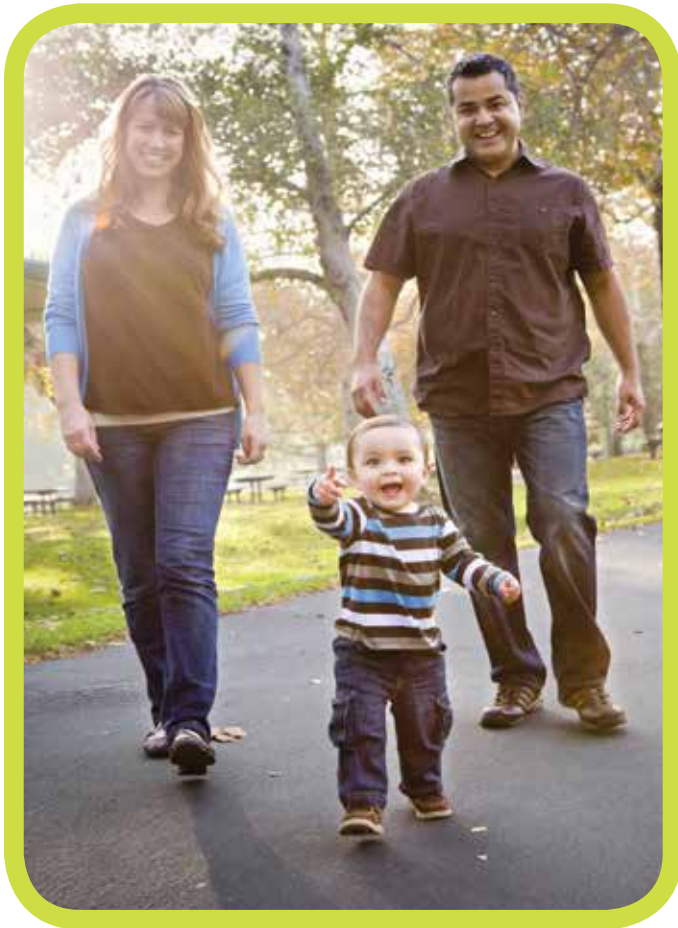
What Determines Health?

Health is about more than lifestyle choices and having access to good medical care when we are already sick. Our health and well-being are affected by our living conditions – where we are born, grow, live, work and age. While access to quality health care will always be important, we need to prevent people from getting sick in the first place.

Health starts with:

- Strong loving families
- Healthy communities and safe neighbourhoods
- Grocery stores with fresh vegetables and fruit

- A good education
- Safe jobs and fair wages
- Having the time and opportunity to play at the end of a hard day's work

The Public Health Agency of Canada lists 12 key factors that impact health, referred to as the determinants of health:

1. Income and social status
2. Social support networks
3. Education and literacy
4. Employment and working conditions
5. Social environments
6. Physical environments
7. Personal health practices and coping skills
8. Healthy child development
9. Biology and genetic endowment
10. Health services
11. Gender
12. Culture

The Health Neighbourhoods project presents a variety of demographic, early child development and health indicators that relate to the determinants of health.

See the Video: Making the Connections: Our City, Our Society, Our Health. Wellesley Institute. Available at: Youtube - Wellesley Making the Connections

Neighbourhoods and Health

Research shows that where we live can affect our health. The physical, social and economic characteristics of an area can influence physical activity levels, how easy it is to get to work, the quality of housing, social interactions, access to health care, availability of nutritious versus unhealthy foods, exposure to crime and violence, how we feel about where we live, our connection to nature and much more. All of these factors affect our health and well-being.

It is simplistic to look at the characteristics of a Neighbourhood and a particular health problem that exists there and assume that one is causing the other. The scientific literature may suggest a link between these factors but this may or may not be the case in a specific Neighbourhood and there are always other factors to consider. Health Neighbourhoods provide information that is useful for planning and implementing public health initiatives but this must be used with other information sources, such as the scientific literature and more in-depth analysis of health data that controls for multiple factors.

Within a Neighbourhood there can be considerable variation with a mix of people, housing and physical characteristics throughout the Neighbourhood. It is also possible that people living in one area can be very similar to those on the other side of the street who are bounded by a different Neighbourhood. The defined Neighbourhoods provide convenient boundaries so that information about an area can be summarized and better understood.

Neighbourhood indicators have been compared with Durham Region. In general, Durham Region has similar health status to Ontario, which is generally similar to Canada. Canada is one of the healthiest countries in the world. That does not mean that there is no room for improvement. Some Neighbourhoods have tremendous challenges. At the same time, it is important to keep the information in context. Information that shows a Neighbourhood performing in the bottom grouping for a specific indicator, as shown in red on a map, should be viewed within the context of other information about that Neighbourhood.

Durham Region in a Nutshell

Durham Region is situated in Ontario's highly developed and populated economic centre known as the Golden Horseshoe. It lies within the Greater Toronto Area, immediately east of the City of Toronto and the Region of York and covers 2,590 square kilometres (1,000 square miles).

With a 2011 population of 610,000 that is steadily growing, Durham Region is a diverse mix of urban, suburban and rural areas characterized by major urban communities along Lake Ontario and a variety of small towns, villages, hamlets and farms immediately inland.

There are eight municipalities, each divided into the number of Neighbourhoods according to their population size:

Pickering (90,000 – 7 Neighbourhoods)
Ajax (110,000 – 9 Neighbourhoods)
Whitby (122,000 – 10 Neighbourhoods
Oshawa (142,000 – 12 Neighbourhoods)

Clarington (78,000 – 7 Neighbourhoods)
Scugog (21,000 – 2 Neighbourhoods)
Uxbridge (20,000 – 2 Neighbourhoods)
Brock (11,000 – 1 Neighbourhood)

On average, there are 12,000 people in each Neighbourhood although the number varies from 8,300 (Rural Uxbridge) to 17,800 (Lakeview). The Neighbourhoods are typically larger than what many would think of as their "neighbourhood" but have a population size large enough to report health statistics. Durham Region has some very fast-growing communities as well as rural Neighbourhoods that cover large geographical areas but have relatively small populations and little growth. The Neighbourhoods show the diversity of Durham Region across a wide range of demographic and health characteristics.

How Does Durham Region Compare with Ontario?

Durham Region is similar to the province for 29 of the 82 indicators and for 9 indicators there was no provincial comparison data. The remaining 44 indicators are higher or lower in Durham Region as compared to Ontario.

+ Durham Region is higher than Ontario

- Population growth rate (from 2006 to 2011)
- Median commuting duration in minutes

− Durham Region is lower than Ontario

- Percentage of the population aged 65+
- Aboriginal population
- Percentage of recent immigrants (immigrated between 2001 and 2011)
- Percentage of visible minorities
- Percentage of people that moved in the past year
- Households that rent
- Births to older mothers – percentage of deliveries to mothers ages 35+

👎 Durham Region is performing more poorly than Ontario

- Percentage of senior kindergarten (SK) children vulnerable in physical health and well-being
- Percentage of SK children vulnerable in social competence
- Percentage of SK children vulnerable in emotional maturity
- Preterm birth rate in singletons
- Large-for-gestational age (LGA) rate
- Asthma prevalence rate, ages 0-14 years
- Sports injuries, emergency department visit rate, ages 10-14
- Motor vehicle traffic collisions, emergency department visit rate, ages 15-24
- Fall-related injuries, emergency department visit rate, ages 0-4
- Diabetes prevalence, ages 20+
- Lung disease, chronic obstructive pulmonary disease (COPD), ages 35+

Durham Region is performing better than Ontario

- Low income rate
- Percentage of children less than six years of age living in low income households
- Percentage of population ages 25-64 who did not complete high school
- Percentage of households living in housing that is not suitable
- Percentage of households with major dwelling repairs needed
- Percentage of SK children vulnerable in language and cognitive development
- Percentage of SK children vulnerable in communication skills and general knowledge
- Percentage of SK children in excellent or very good health
- Percentage of SK children living in a child-friendly neighbourhood
- Percentage of SK children walking or biking to school
- Births to young mothers – percentage of deliveries to mothers ages 23 years or younger

- Small-for-gestational age (SGA) rate
- Percentage of two-year old children who have had an enhanced Well-Baby Visit
- Life expectancy in males
- Life expectancy in females
- All injuries, emergency department visit rate
- Breast cancer screening (mammography) rate, females ages 52-74 years
- Cervical cancer screening (Pap test) rate, females ages 23-74 years
- Overdue for colorectal cancer screening, ages 50-74 years
- Enteric diseases incidence rate
- Influenza incidence rate
- Hepatitis C incidence rate
- Latent tuberculosis infection (LTBI) incidence rate
- Rate of the population with a primary care physician

No comparison data for Ontario

- Self-rated mental health is excellent or very good, ages 18+
- Breastfeeding at hospital discharge rate
- Breastmilk only at hospital discharge rate
- Breastfeeding duration at 6 months rate
- Dental decay in Grade 2 students
- Percentage who drink in excess of Canada's Low-Risk Alcohol Drinking Guidelines, ages 18+
- Percentage of adults who get a flu shot, ages 18+
- Residence ambulance calls
- Residence ambulance calls in seniors ages 65+
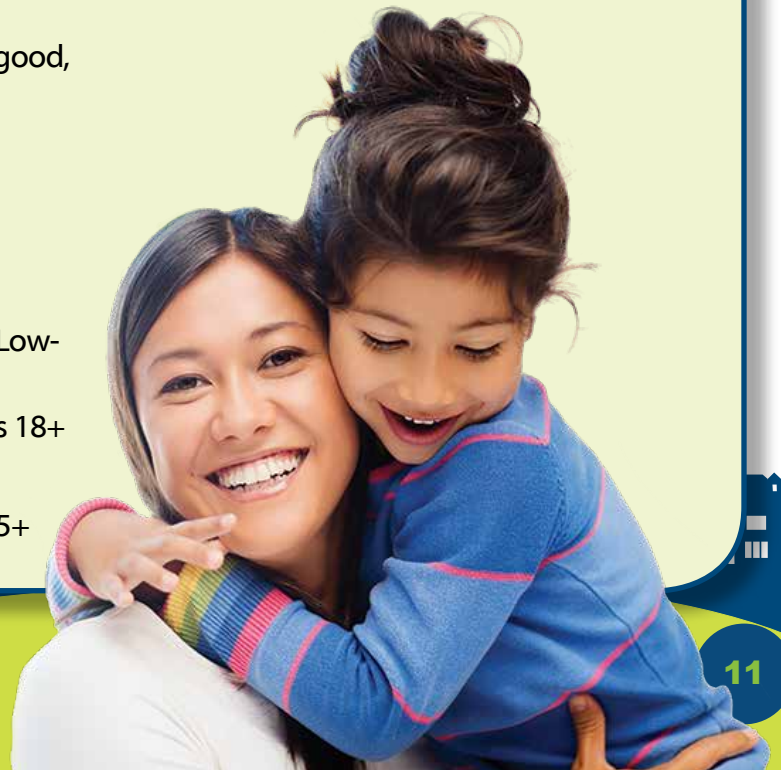
Durham Region is similar to Ontario

- Percentage of the population aged 0-14 years
- Percentage of the population aged 0-4 years
- Percentage of the population aged 5-9 years
- Percentage of the population aged 10-14 years
- Percentage of the population aged 15-19 years
- Percentage of the population aged 20-24 years
- Percentage of the population aged 25-29 years
- Percentage of the population aged 30-39 years
- Percentage of the population aged 40-49 years
- Percentage of the population aged 50-59 years
- Percentage of the population aged 60-64 years
- Seniors living alone
- Female lone-parent families
- Median after-tax household income
- Unemployment rate (2011)
- Percentage of households spending 30% or more of their income on shelter
- Percentage of SK children vulnerable in one or more Early Development Instrument (EDI) domains
- Percentage of SK children vulnerable in two or more EDI domains
- Self-rated health is excellent or very good, ages 18+
- Live birth rate
- Teen pregnancy rate
- Asthma emergency department visit rate, ages 10-14
- Fall-related injuries, emergency department visit rate, ages 65+
- Smoking rate, ages 18+
- Obesity rate, ages 18+
- Vegetable and fruit consumption rate, ages 18+
- Physical activity rates, ages 18-69 Cardiovascular disease hospitalization rate, ages 45-64
- Chlamydia incidence rate, females ages 15-24

Finding overall patterns among the Neighbourhoods in Durham Region can be tricky because the Neighbourhoods are diverse and complex. The patterns highlighted below describe general observations based on some of the Health Neighbourhoods indicators.

Where are the Young Families?

Neighbourhoods in north and east Ajax, north Whitby, north Oshawa and north Bowmanville have high population growth, large populations of young children and high birth rates. These are areas with new housing developments that attract young families.

West versus East

Some indicators show striking east-west differences, almost as if the map of Durham Region can be folded in two with one side red and the other pale yellow.

Recent immigrant and visible minority populations are concentrated in south-west Durham Region in Pickering and Ajax and to a lesser extent in Whitby. North Durham Region, Clarington and Oshawa have very low populations of recent immigrants and visible minorities. On the other hand, the aboriginal population is higher in the east half of Durham Region, specifically in Oshawa, Clarington, Scugog and Brock.

Median household income levels are higher in the west in Pickering, Ajax and Whitby.

Commuting duration is highest in west Durham Region, particularly in Ajax and Pickering and is somewhat higher in Uxbridge and Whitby.

Small-for-gestational age rates (babies born with birth weights that are too low) are higher in the west, particularly Pickering and Ajax. This may be related to higher populations of certain ethnic groups in these areas, where it may be normal for babies to be smaller than North American standards and not necessarily an indication of a health problem. The flip side of this is that large-for-gestational age rates (babies born with birth weights that are too high) are high in the east, particularly Clarington.

Breastfeeding rates are highest in west Durham Region, in Pickering and Ajax. As well, the percentage of births to older mothers aged 35 or older is higher in the west in Pickering, Ajax and Whitby.

Fewer toddlers in Pickering and Ajax receive the enhanced well-baby visit, which is a physical check-up at 18-months with a doctor or nurse practitioner to see how well the child is developing and reaching key milestones. Most Neighbourhoods in the east have high well-baby visit rates.

Emergency department visit rates for injury are generally higher in north and east Durham Region, particularly in the three Bowmanville Neighbourhoods. Some Neighbourhoods may have higher visit rates because people may be more likely to go to a nearby emergency department for care rather than to a physician office or walk-in clinic. More specifically, emergency department visit rates for all injuries are high in Clarington and low in Pickering, Ajax and Whitby. The east side of Durham Region (Brock, Scugog and Clarington) have higher emergency department visit rates for motor vehicle traffic collisions in youth and young adults.

Rates of lung disease, as measured by prevalence of chronic obstructive pulmonary disease (COPD) in those aged 35 and older, are higher in east Durham Region, specifically in Oshawa, Clarington and Brock.

Finally, the percentage of people with a primary care physician is lower in the west, particularly Pickering and Brock.

What's Happening Downtown?

The downtown Neighbourhoods of Pickering, Ajax, Whitby and Oshawa as a group tend to have lower median income, more seniors living alone, more female lone-parent families, more households that rent and fewer young people. When compared with other Neighbourhoods in Durham Region, these urban areas have some important health challenges, including higher preterm birth rates, teen pregnancy rates, chlamydia incidence in young women (a sexually transmitted infection), smoking rates, emergency department visits for asthma in children and residence ambulance calls. Adults are less likely to be up-to-date for cancer screening testing. Self-rated health tends to be lower although life expectancy rates are generally not. Parents living downtown are less likely to rate the health of their SK children as excellent or very good and their neighbourhoods as child-friendly.

Despite these challenges, the downtown Neighbourhoods are hubs of activity with good access to transportation, many community assets and a mix of different housing from stately century homes to high rise apartment buildings. Revitalization is a constant work in progress and many of the downtowns are witnessing new development projects. The geographical boundaries of the Health Neighbourhood downtowns are quite large and extend beyond the traditional "four corners" and town hall areas.

Income Impacts Health

Low income predisposes people to material and social deprivation. The greater the deprivation, the less likely individuals and families are able to afford the basic necessities of life and good health such as food, clothing and housing. Deprivation also contributes to social exclusion by making it harder for people to participate in cultural, educational and recreational activities. In the long-run, social exclusion affects one's health and the ability to live a fulfilling day-to-day life.*

* Adapted from: Mikkonen, J. & Raphael, D. (2010) Social Determinants of Health: The Canadian Facts. Toronto: York University School of Health Policy and Management. Available at: The Canadian Facts.

Neighbourhoods in Durham Region with the lowest incomes also have lower high school completion rates, higher unemployment rates, higher percentages of children living in low income households and tend to have poorer health. This pattern is most clear for the seven Neighbourhoods with the lowest median incomes. These seven Priority Neighbourhoods have been identified by the Health Department as requiring focus to build on health and well-being. The Priority Neighbourhoods are: 1) Downtown Ajax – Ajax, 2) Downtown Whitby – Whitby, 3) Lakeview – Oshawa, 4) Gibb West – Oshawa, 5) Downtown Oshawa – Oshawa, 6) Central Park – Oshawa, 7) Beatrice North – Oshawa. Geographically, they are located in the downtown areas of Ajax and Whitby and clustered in south central Oshawa.

Self-rated health, life expectancy, breastfeeding rates and cancer screening rates tend to be lower in these Neighbourhoods. Smoking, hospitalization for cardiovascular disease, lung disease prevalence, diabetes prevalence, emergency department visits for all injuries, chlamydia incidence in young women, teen pregnancy, hepatitis C incidence and ambulance calls tend to be higher. Senior kindergarten children in these Neighbourhoods are more likely to score poorly on the Early Development Instrument (EDI), which reflects higher percentages of vulnerable children who are not ready for school. Schools in Neighbourhoods with lower income are more likely to have a higher prevalence of dental decay.

Although the Priority Neighbourhoods make up about 15% of Durham Region's population, they account for 34% of children under age 6 in low-income households, 36% of births to young mothers aged 23 or younger, 28% of teen pregnancies, 23% of chlamydia cases in females aged 15-24, 41% of hepatitis C cases and 29% of ambulance calls to residences.

Emergency department visit rates for sports injuries in children aged 10-14 tend to be lower in Neighbourhoods with lower income levels. A possible explanation is that children in these areas may not have the opportunity to participate in organized or competitive sports such as skiing, snowboarding, soccer and hockey. These sports can result in more serious injuries that require a visit to the emergency department.

Each Neighbourhood is unique, however, and each has a distinctive mix of demographics and health status. Portraying these Neighbourhoods with the same broad brush is misleading. For example, while breastfeeding rates are lowest in the Oshawa Neighbourhoods, rates are much higher in Downtown Ajax and Downtown Whitby. The higher breastfeeding rates in the surrounding Neighbourhoods may help support these two Neighbourhoods by providing a culture of positive breastfeeding. Another example shows that physical activity rates and the percentage of SK children who walk or bike to school tend to be higher in south central Oshawa than many Neighbourhoods in Durham Region. Residents there may generally be more likely to walk to places such as work and school. This is consistent with a lower median commuting time to work in these areas.

Rural Rates

Rural Neighbourhoods are those in the north (Uxbridge, Scugog and Brock) and the Neighbourhoods of Darlington and Clarke in Clarington. Neighbourhoods in north Pickering, Whitby and Oshawa have rural components but the characteristics tend to be dominated more by concentrated populations in the southern part of the Neighbourhood.

Rural Neighbourhoods tend to have lower birth rates, smaller populations of young children, more seniors and lower percentages of visible minorities and recent immigrants. They also tend to have higher rates of enteric diseases and higher emergency department visits for all injuries, motor vehicle traffic collisions in youth and young adults (except for Uxbridge) and sports injuries in children aged 10-14. Enteric diseases are diseases that affect the stomach and intestines and that are reportable to public health (such as salmonella). Rural Neighbourhoods show many positive health characteristics, including low rates of teen pregnancy, chlamydia incidence among young females, tuberculosis, asthma prevalence in children, diabetes prevalence and residence ambulance calls. Many of the rural Neighbourhoods have a higher percentage of the population eating vegetables and fruit.

Striving for Healthier Neighbourhoods

In general, Durham Region residents enjoy good health. Sixty percent (60%) of adults rate their health as excellent or very good. On average, males can expect to live 81 years and females 85 years. As well, 92% of senior kindergarten children have excellent or very good health, as rated by their parents. Our Neighbourhoods also have many positive attributes, community assets, resources and strengths.

Despite indicators that reflect good health, it is clear that health varies by where you live. Most indicators reveal a very wide range by Neighbourhood, which shows that there is much room for improvement. The Health Neighbourhood maps provide communities with the information they need to take action. It is not the responsibility of one organization to improve the health of the community but everyone's job to work towards health for all. No one can do everything, everyone can do something. Together we can all make Durham Region healthier.

Health Neighbourhoods

Neighbourhoods by the Numbers

There are **3** Neighbourhoods with all indicators significantly better than or similar to Durham Region – **Manning in Whitby, Williamsburg in Whitby and Grandview North in Oshawa**.

About one-third of births in **Downtown Oshawa** and **Lakeview** in Oshawa were to mothers age **23** years or younger. About one-third of births in **Williamsburg** (Whitby) and **Dunbarton** (Pickering) were to mothers age **35** years or older.

47 Health Neighbourhoods have significantly higher percentages of the population with a primary care physician as compared to Ontario. The remaining Neighbourhoods of **Brock, Downtown Oshawa** and **Rural Uxbridge** have percentages similar to Ontario.

If all Neighbourhoods had the same adult smoking rate as those in the Neighbourhood with the lowest rate (**8%**), Durham Region would have about **49,000** fewer smokers aged 18+, a population equivalent to the municipalities of **Scugog**, **Uxbridge** and **Brock** combined.

Downtown Oshawa has the highest percentage of obese adults, **3** times the rate of **Carruthers** in Ajax with the lowest rate.

Downtown Oshawa
34%

Carruthers
11%

Females living in the Neighbourhood of **Courtice South** with the **highest life expectancy** live on average **15** years longer than females living in the Neighbourhood of **Bowmanville Central** with the **lowest life expectancy**.

Males living in the Neighbourhood of **Dryden-Anderson** with the **highest life expectancy** live on average **12** years longer than males living in the Neighbourhood of **Downtown Oshawa** with the **lowest life expectancy**.

Port Perry and **Rural Scugog** consistently have the best cancer screening rates for all three cancers: breast, cervical and colorectal cancer.

All Neighbourhoods in Durham Region have a latent tuberculosis infection incidence rate that is **below Ontario's rate** of **74.4** cases per 100,000.

The area covered by **Rural Scugog**, Durham Region's largest Neighbourhood, is the same as **308 Westney Heights** Neighbourhoods, which has the smallest area.

Ajax Northeast grew **256%** in 5 years, more than tripling in population from **4,200** to **15,000** between 2006 and 2011.

The percentage of **visible minorities** varies widely by Neighbourhood from **2%** to **72%**.

Rural Uxbridge
Courtice South
Whitby Brock North Clarke
Cochrane South
Rural Scugog
Hillsdale
Brock
Ajax Northwest
Whitby
Clarington
Brock
Uxbridge
Carruthers
Beatrice North
Lakeview Manning
Urban Uxbridge
Downtown Oshawa
Williamsburg
Grandview North
Downtown Whitby
Ajax
Scugog
Dryden-Anderson
Westney Heights
Whitby South
Brooklin West
Ajax Northeast
Port Perry
West Rouge
Frenchman's Bay
Oshawa Northeast
Pickering North
Central Park
Amberlee
Oshawa
Riverside-Hermitage
Oshawa Northwest
Stevenson North
Bowmanville North
Courtice North
Gibb West
Brock Ridge Pickering
Downtown Ajax
Bowmanville Central
Ajax Waterfront
Bowmanville South
Central Ajax
Dryden East
Brooklin East
Applecroft
Pickering
Darlington
Dunbarton
Pickering City Centre
Grandview South
Beatrice South

Durham Health Connection Line
905-666-6241 or 1-800-841-2729
durham.ca/neighbourhoods

If you require this information in an accessible format, contact 905-666-6241 or 1-800-841-2729

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