



HOW DO WE PROMOTE GOOD HEALTH AND WELLBEING?

The World Health Organization defines health as, "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Wellness is not just about what each of us does as an individual; it is also about how we affect each other and the extent to which we feel a sense of belonging and social inclusion. A connected person is a supported person. Community well-being is built on the relationships we form and how we work through the challenges we encounter. It is the lifestyles, ways of living together, value systems, traditions and beliefs that are important to our social well being and quality. ^{1,2,3}

HEALTH & WELLNESS

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Alcohol Consumption

LIFE EXPECTANCY⁵

British Columbia:

82.3

years

Cowichan Valley:

81.3

years



Lake Cowichan has the lowest life expectancy in Cowichan at 80.4 years

The 2019 rates of heavy drinking (5 or more drinks in one occasion) are:⁴



18.3%

vs

18.2%

Of all Canadians

Of all British Columbians

TOP 5 CHRONIC HEALTH CONDITIONS⁶



Incidence rates per 1000 people:

CV

BC

1

Mood & Anxiety Disorders

360

302

2

Depression

294

246

3

Hypertension

222

225

4

Asthma

140

138

5

Osteoarthritis

102

85

MENTAL HEALTH

Prevalence of depression⁷



29.2%
Cowichan Valley

VI 27.8% BC 24.6%

Seniors, young people, and indigenous people are often at higher risk, due to other factors like financial problems or isolation, which can cause a sense of hopelessness.

Impacts of Opiates⁸

There were 153 suspected drug overdose deaths in BC in November 2020. This equates to about 5.1 deaths per day for the month. About 70% of illicit drug overdose deaths were among people between the ages of 30-59 years. South & Central Vancouver Island delivery areas saw more than a 61% increase in illicit drug overdose death rates compared to 2019. Island-wide, 85% of illicit drug overdose deaths occurred inside (60.6% private residences, 24.7% other inside locations) and 13.5% occurred outside in vehicles, sidewalks, streets, parks, etc. There were **no deaths** at supervised consumption or drug overdose prevention sites. A community response unit is now available to properly dispose of drug use debris. Call (250) 732-3330 for the Warmland Sharps pick up team.

DOMESTIC VIOLENCE¹⁰

Cowichan has the highest relationship violence reported in BC (per capita). 3,400 women received services from CWAV Society in 2015

YOUTH & WELLNESS¹¹

In the Cowichan Health Profile Area, teen pregnancy rates are 40.6 births per 1000 whereas BC's average is 19.9. The last reported rate of children in this same area that need protection is 32.2 per 1000 compared to BC's rate of 20.4

Comparison





HEALTH AND WELLNESS

SENIORS' HEALTH

Top issues Seniors Face:¹²

- 1 Transportation & mobility
- 2 Public Transit
- 3 Safety
- 4 Affordable Housing/Support
- 5 Health
- 6 Cross Cultural Issues



The demand for housing specific for seniors is increasing as the baby boomers age. Since 2012, the number of residential care beds rose by 3.5% in BC while the population of 85+ seniors rose by 21%.¹³

VI CRISIS LINE

received 1695 crisis calls, 21 crisis chats, and 53 crisis texts from individuals living in Cowichan (Apr. 2019-Mar. 2019)



51%

of calls were because of a mental health crisis¹⁴

21.7%

of **children** (0-16) who visited the ER presented with **Mental Health** or **Substance Use** issues¹⁵

Cowichan Valley Hospice

Serves close to **1,000** people per year with the help of 9,917 volunteer hours, which amount to a community contribution of **\$198,340** for 2019.¹⁶

FILLING A GAP

Cowichan Valley Hospice Society, with Island Health and a community task force, welcomed its first patients and families to the new Cowichan Hospice House in November, 2020.¹⁷



CYCLE OF LIFE, CROFTON

Physical Literacy

Physical Literacy Cowichan knows physically literate individuals move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.¹⁸

PHYSICAL ACTIVITY

5,891

number of people accessing programs at the Island Savings Centre during the 4th Quarter of 2016.¹⁹