

Building a Healthy Community

integrity, caring and excellence



Regional Health Authority
Central Manitoba Inc.

Office régional de la santé
du Centre du Manitoba inc.





HEALTHY AS CAN BE!

Manitoba has 11 Regional Health Authorities.

RHA Central extends across more than 17,025 square kilometres of south-central Manitoba. It includes 37 municipalities, 6 First Nations and 8.5% of Manitoba's total population. With approximately 105,000 people, it is the most populated rural health authority in Manitoba.

Among Central Region's most significant resources are approximately 3,700 highly-skilled employees.

Recognizing that each community in RHA Central is unique, the health authority collects detailed information about health in the region as a whole and in geographic districts. This data is available in the 2009 Community Health Assessment.

The Assessment has data about

- Health of people in Central Region
- How people use the health care system
- How the region's health system is performing

The RHA uses the data it gathers to plan for health care. Becoming familiar with the information will help you to understand how decisions are made and will help build a healthy community.

RHA Central would like to invite you to use the 2009 Community Health Assessment – a valuable tool in building a healthy community



Highlights



1. A Growing Population

Central Region has one of the strongest population growths in the province. One of the fastest growing segments is the senior population.

Immigration enriches the ethnic and cultural diversity of the Region, but also brings complex and often unpredictable needs.

Central has a slightly younger population than Manitoba overall. Although older residents account for the highest hospitalization rates, more and more seniors are staying in their homes longer and living in the community.

2. Need to Support High-risk Families

The health care system accounts for only 25% of people's health.

High-risk families are at greater risk for poor health. Risks increase with such factors as low education levels, poverty, and being from a single-parent family.

Fewer Central Region residents have completed high school compared to the rest of Manitoba. Fewer males than females graduate from high school.

High-risk families need more community support.



3. Chronic Disease

Chronic illnesses are among the most common and costly health problems facing Canadians, but they are also among the most manageable and preventable.

Only 1 in 5 RHA Central adults qualifies as “*physically active*.” This is lower than the provincial average of 1 in 4.

One in four RHA Central adults is a smoker and this rate is not falling significantly.

Adult diabetes rates are increasing in every district of our region.

Central Region wants to create strong partnerships between individuals, communities and the RHA to minimize the impact of chronic disease.

4. Mental Health

Of 3.4 million Canadians affected by depression and anxiety, more than two-thirds don’t seek help.

Within Central Region, approximately one in five adults have been diagnosed with a serious mental health illness.

Central Region would like to integrate mental health with other health issues to decrease and eventually eliminate the stigma attached to mental health illnesses.



5. Aboriginal Health Needs

Aboriginal residents of Central Region are less healthy than other residents. They are three times more likely to be hospitalized.

11.3% of RHA Central residents are Aboriginal, compared to 3% of the Canadian population.

A large proportion of the Aboriginal population is young.

Aboriginal people have a high rate of diabetes.

6. Access: Cultural Needs and Jurisdictional Issues

Access to health care in Central Region is good, but barriers such as low income, geography and culture may prevent some groups from accessing care.

Language can also be a barrier to access. Almost 13% of RHA Central residents speak a non-official language, compared to the provincial average of 9.5%.

RHA Central promotes culturally sensitive health care so immigrants and others of different cultures get the health care they need.





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**The RHA Central Community Health
Assessment is now available.
Put it to work for your community.**

Access via www.rha-central.mb.ca
or contact the RHA Central

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