



Peterborough

Community Wellbeing Plan

Fact Sheets

Healthy Populations

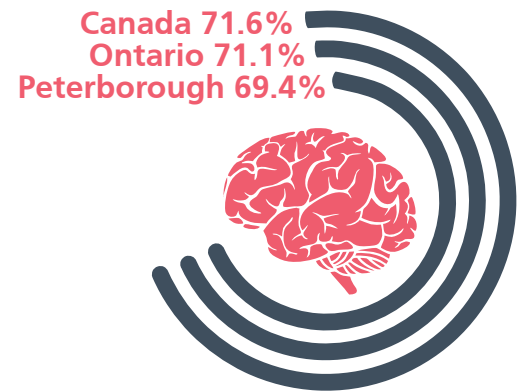
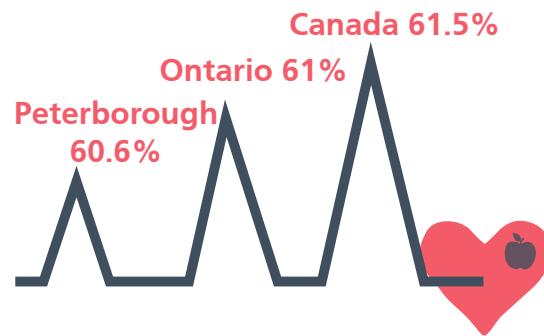


Are people physically, mentally and socially healthy?

Key Facts:

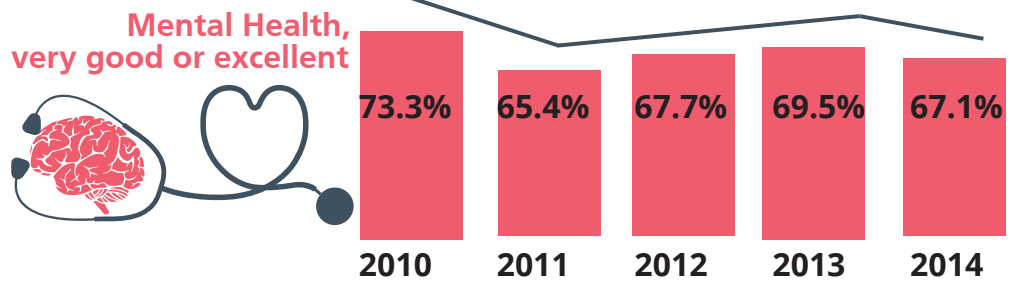
Perceived health, very good or excellent¹

Mental health, perceived as very good or excellent¹



The overall health and mental wellbeing of Peterborough residents is not significantly different than provincial or national norms, however perceived mental health has been declining over the past five years in Peterborough.²

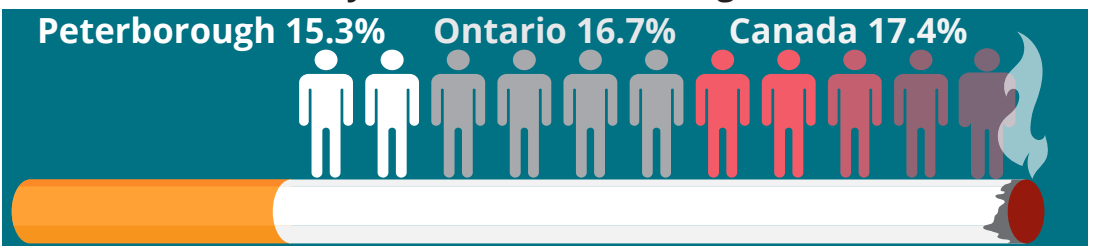
Mental Health Over time in Peterborough



Life Expectancy³

The life expectancy for Peterborough residents is very close to the provincial and national life expectancy: 80.9, 81.5 and 80.1 years respectively.

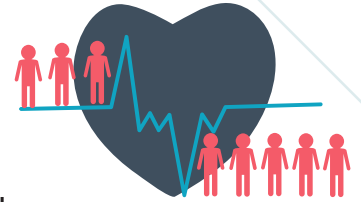
Current Smoker, Daily or Occasional Smoking¹





Regular Health Care Provider¹

In November 2017, Peterborough had 91 Family Physicians and 27 Nurse practitioners for a total of 118 Primary Care Providers. There is a need for an additional 7 full-time doctors to ensure all residents have a primary care provider. Peterborough currently has approx. 8500 unattached patients.⁴



Flu Shot - Influenza immunization less than 1 year ago²

33.7%

Peterborough

29.5%

Ontario & Canada



Physical Activity - 150 minutes per week adult¹



Ontario 57.4%
Canada 57.7%
Peterborough 61.6%



Local Activity: Healthy Kids Community Challenge⁴

The Healthy Kids Community Challenge is a community led program where partners from different sectors work together to implement activities to promote healthy eating and physical activity for all kids in our community (ages 0-12 years). Funding support for these activities from the Ministry of Health and Long Term care will help expand community plans for the City, 8 townships and two First Nations over 3-4 years (2015-2018). There have been four themes:

- Run. Jump. Play. Every Day – encouraging physical activity
- Water Does Wonders -encouraging water over sugared drinks
- Boost Veggies and Fruit – encouraging nutritious choices
- Power off and Play - encouraging reduced screen time

(1) Statistics Canada. Table 105-0509 - Canadian health characteristics, two year period estimates, by age group and sex, Canada, provinces, territories and health regions, occasional, CANSIM (database).

(2) Statistics Canada. Table 105-0501 - Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database).

(3) Statistics Canada. Table 102-4307 - Life expectancy, at birth and at age 65, by sex, three-year average, Canada, provinces, territories, health regions and peer groups, occasional

(4) Personal correspondence with Lori Richey, Family Health Team