

# Supporting Evidence-Informed Sub-Region Planning

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**Community Profiles: Central West LHIN Sub-Regions**

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**Ontario**

Local Health Integration  
Network

# Population-Level Data

## Population-Level Data

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- Socio-economic factors effect health behaviours, health outcomes and health care utilization of populations
- Population and socio-economic status (SES) level indicators included in this report are:
  - Population size (overall and by age-group)
  - Change in total population between 2011-2015
  - Family and household composition
  - Language, immigration and identity
  - Education, income and housing affordability
- The data sources for this information are the 2011 Census and 2011 National Household Survey, as provided by the Health Analytics Branch, Ministry of Health and Long-Term Care

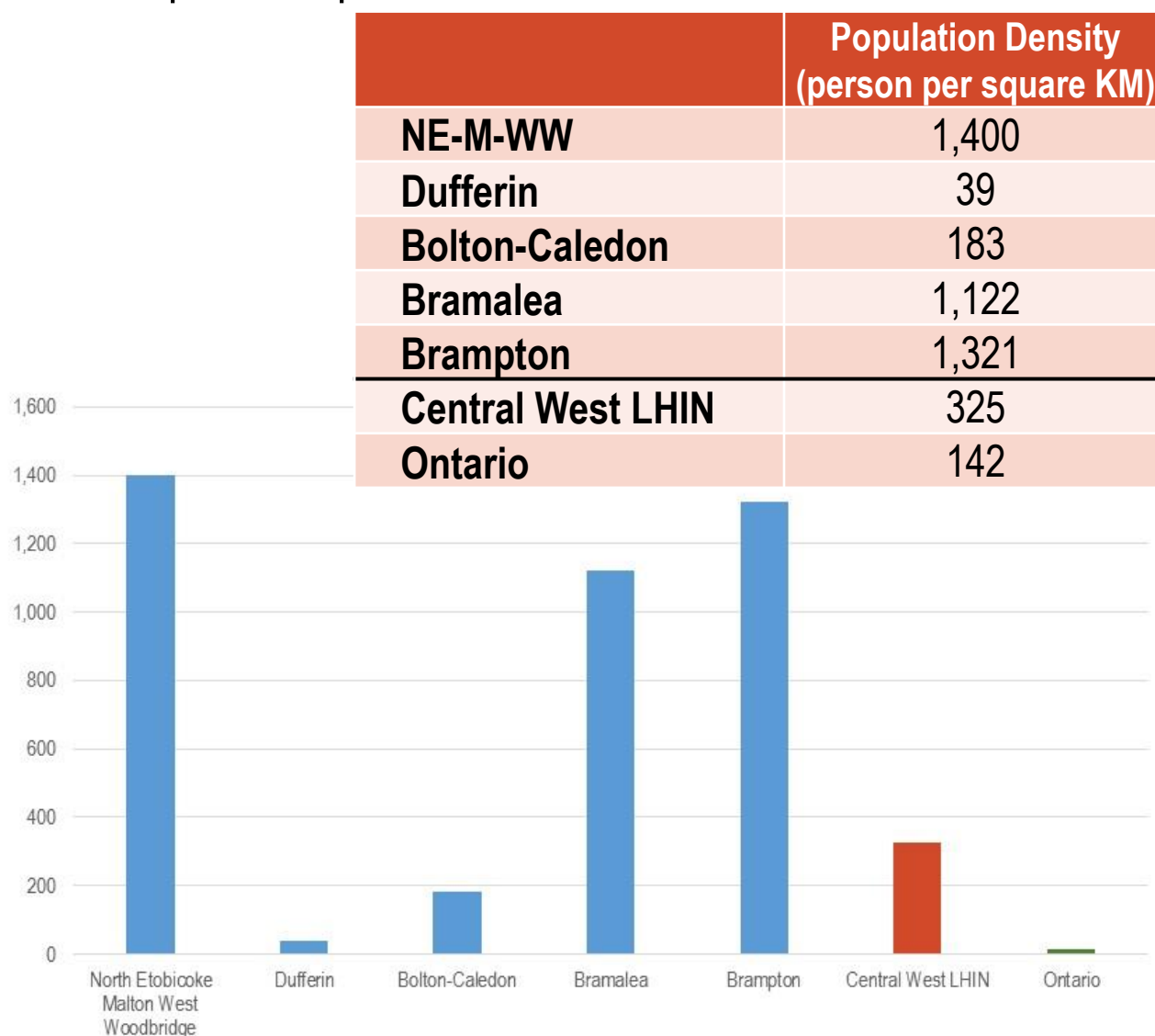
## Population Size

- Brampton and Bramalea sub-regions make up nearly 65% of the total population of Central West LHIN
- There is a roughly 50/50 split of males and females across all sub-regions

Sub-region Name	NE-M-WW	Dufferin	Bolton-Caledon	Bramalea	Brampton	Central West LHIN
<b>2015 Population estimate, total</b>	210,373	76,074	41,419	265,903	323,366	917,135
<b>2015 Population as a proportion of the sum of LHIN sub-regions</b>	22.9%	8.3%	4.5%	29.0%	35.3%	100.0%
<b>2015 Population, Female</b>	107,895	38,121	20,659	133,863	162,817	463,355
<b>2015 Population, Male</b>	102,477	37,953	20,760	132,040	160,549	453,779

## Population Density

- Central West LHIN has the fourth highest population density among the 14 LHINs, nearly 2.3 times higher than Ontario as a whole
- Among Central West LHIN sub-regions, NE-M-WW has the highest density at 1,400 and Dufferin has the lowest at 39 persons per km<sup>2</sup>



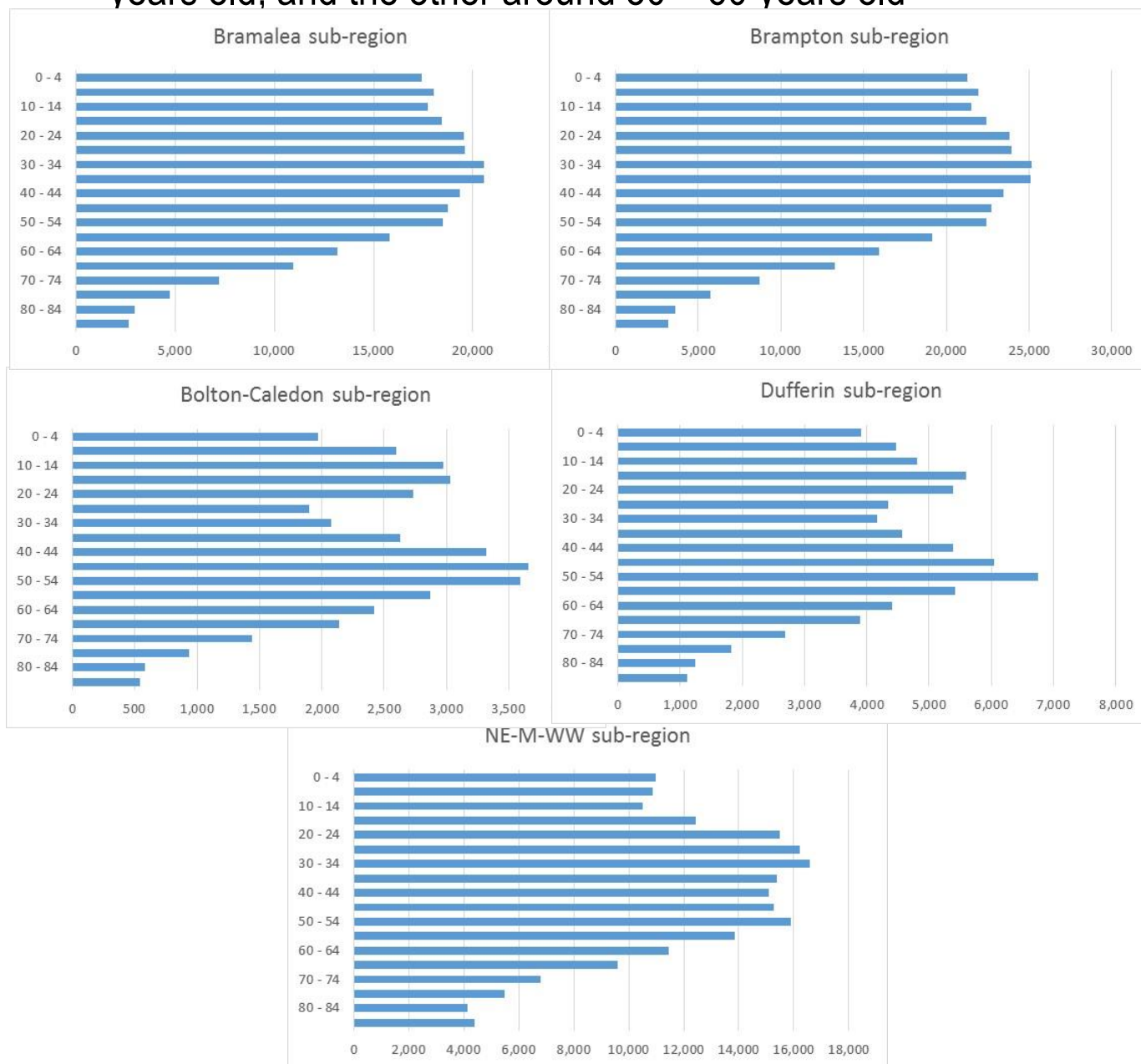
## Change in Total Population, 2011 - 2015

- The Central West LHIN had the fourth highest population growth among the 14 LHINs between 2011 and 2015, increasing by 9.2% compared to 7.2% for the province
- Bolton-Caledon, Bramalea and Brampton had the highest growth (10.5% - 10.6%), while the rate of growth for NE-M-WW was 5.3%

	Total Population, 2011	Population estimate, 2015	% Difference (2011 - 2015)
<b>NE-M-WW</b>	199,782	210,373	5.3%
<b>Dufferin</b>	69,589	76,074	9.3%
<b>Bolton-Caledon</b>	37,464	41,419	10.6%
<b>Bramalea</b>	240,601	265,903	10.5%
<b>Brampton</b>	292,598	323,366	10.5%
<b>Central West LHIN</b>	840,034	917,135	9.2%
<b>Ontario</b>	12,860,341	13,792,053	7.2%

## Sub-Region Population by Age-Group

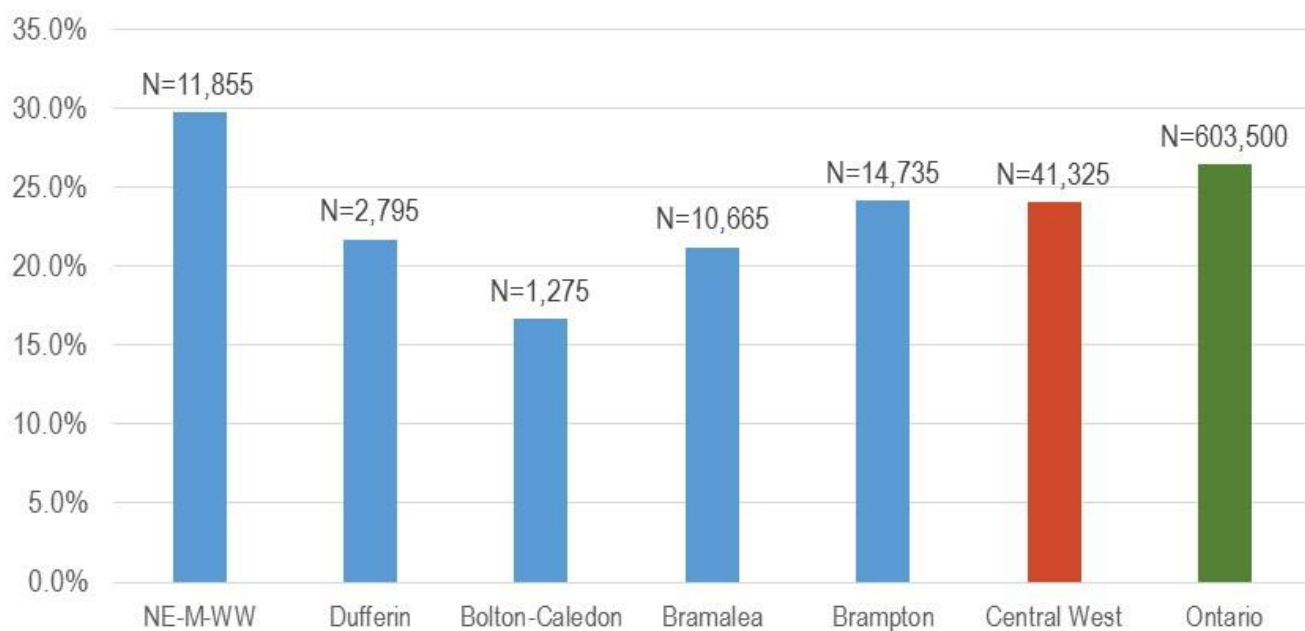
- Bramalea, Brampton and NE-M-WW have age distributions similar to the overall LHIN's
- Dufferin and Bolton have age distributions that differ from the rest of the LHIN – both have two peaks, one around 10 – 20 years old, and the other around 50 – 60 years old



Data Source: 2015 LHIN sub-region population estimates. HAB, MOHLTC

## Lone Parent Families

- Central West LHIN has a slightly lower proportion of families with children that are lone parent than Ontario, 24% compared to 26%
- Proportion of lone parent families varies among Central West LHIN sub-regions, from 17% for Bolton-Caledon to 30% for NE-M-WW

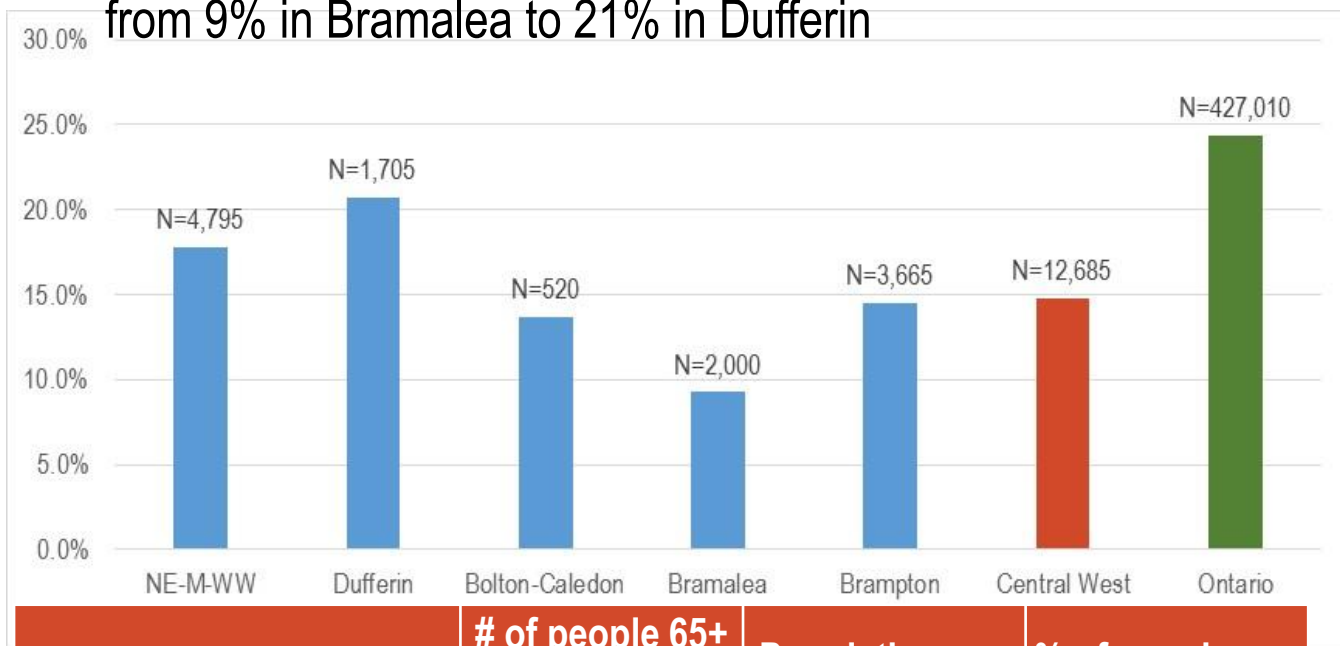


	# of families with children	# of lone parent families	% of lone parent families
<b>NE-M-WW</b>	39,855	11,855	30%
<b>Dufferin</b>	12,870	2,795	22%
<b>Bolton-Caledon</b>	7,660	1,275	17%
<b>Bramalea</b>	50,305	10,665	21%
<b>Brampton</b>	61,075	14,735	24%
<b>Central West LHIN</b>	171,765	41,325	24%
<b>Ontario</b>	2,283,620	603,500	26%



## Household composition – 65+ years old

- Central West LHIN has the lowest proportion of persons age 65 and over in private households compared to all other LHINs
  - Of those 65+, Central West also has the lowest proportion that live alone, 14.8% compared to 24.4% for all Ontarians
- Proportion of seniors living alone varies among sub-regions, from 9% in Bramalea to 21% in Dufferin



	# of people 65+ in private households	Population age 65+ living alone	% of people age 65+ living alone
<b>NE-M-WW</b>	26,905	4,795	17.8%
<b>Dufferin</b>	8,230	1,705	20.7%
<b>Bolton-Caledon</b>	3,800	520	13.7%
<b>Bramalea</b>	21,550	2,000	9.3%
<b>Brampton</b>	25,270	3,665	14.5%
<b>Central West LHIN</b>	85,755	12,685	14.8%
<b>Ontario</b>	1,750,900	427,010	24.4%

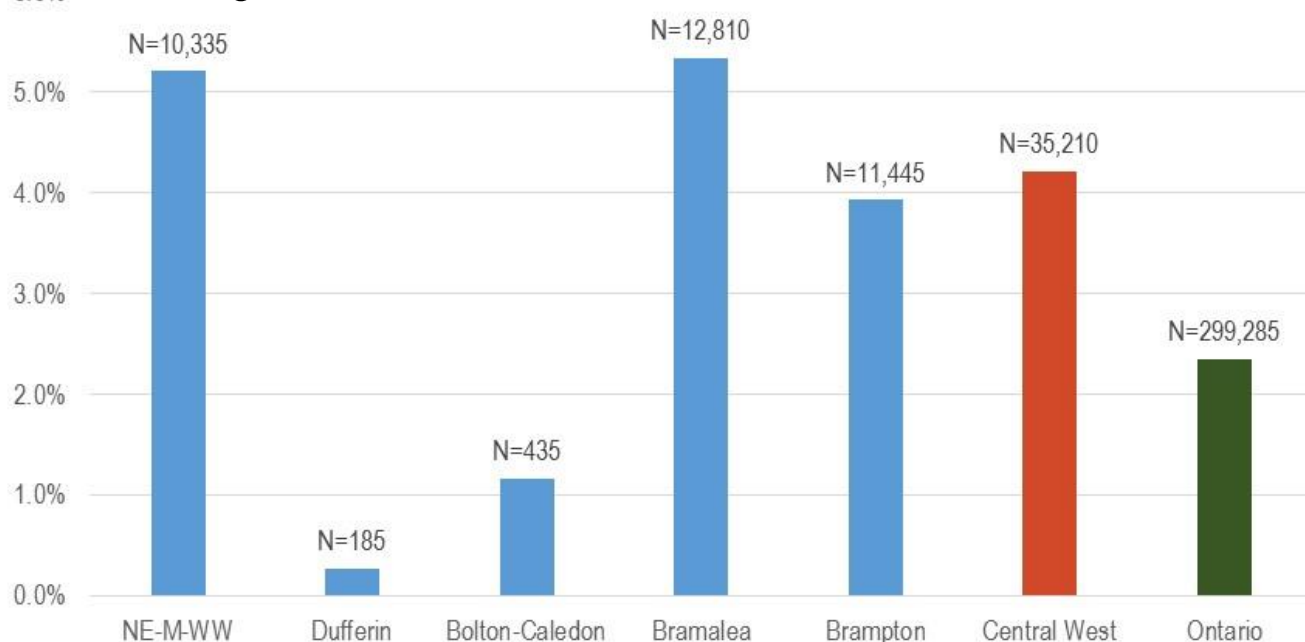
## Language: Mother Tongue

- At 58%, Central West LHIN has the second lowest percent population who report English as their mother tongue
  - The percent who report English as their mother tongue varied by sub-region, from 49% in NE-M-WW to 91% in Dufferin
- The LHIN has the lowest percent population who report French as their mother tongue (1.2%)
  - For 12 of 14 LHINs, the percent population who report French as their mother tongue is less than 4%
  - The percent who report French as their mother tongue in Central West did not vary by sub-region

	Total population by mother tongue	% Population who report English as their mother tongue	% Population who report French as their mother tongue
<b>NE-M-WW</b>	198,240	48.6%	1.1%
<b>Dufferin</b>	68,970	90.8%	1.3%
<b>Bolton-Caledon</b>	37,315	76.3%	1.2%
<b>Bramalea</b>	239,790	51.5%	1.1%
<b>Brampton</b>	291,150	60.2%	1.3%
<b>Central West LHIN</b>	835,465	58.2%	1.2%
<b>Ontario</b>	12,709,370	70.3%	4.4%

## Language: No Knowledge of English or French

- Central West LHIN has the second highest percent population with no knowledge of English or French, 4.2% compared to 2.4% for Ontario
- No knowledge of either official language varied among sub-regions, from 0.3% for Dufferin to 5.3% for Bramalea



	Population with no knowledge of English or French	% population with no knowledge of English or French	% of people who speak English at home
<b>NE-M-WW</b>	10,335	5.2%	63.3%
<b>Dufferin</b>	185	0.3%	97.8%
<b>Bolton-Caledon</b>	435	1.2%	92.7%
<b>Bramalea</b>	12,810	5.3%	64.3%
<b>Brampton</b>	11,445	3.9%	73.9%
<b>Central West LHIN</b>	35,210	4.2%	71.7%
<b>Ontario</b>	299,285	2.4%	82.6%

## Language: Top 5 Spoken Most Frequently at Home

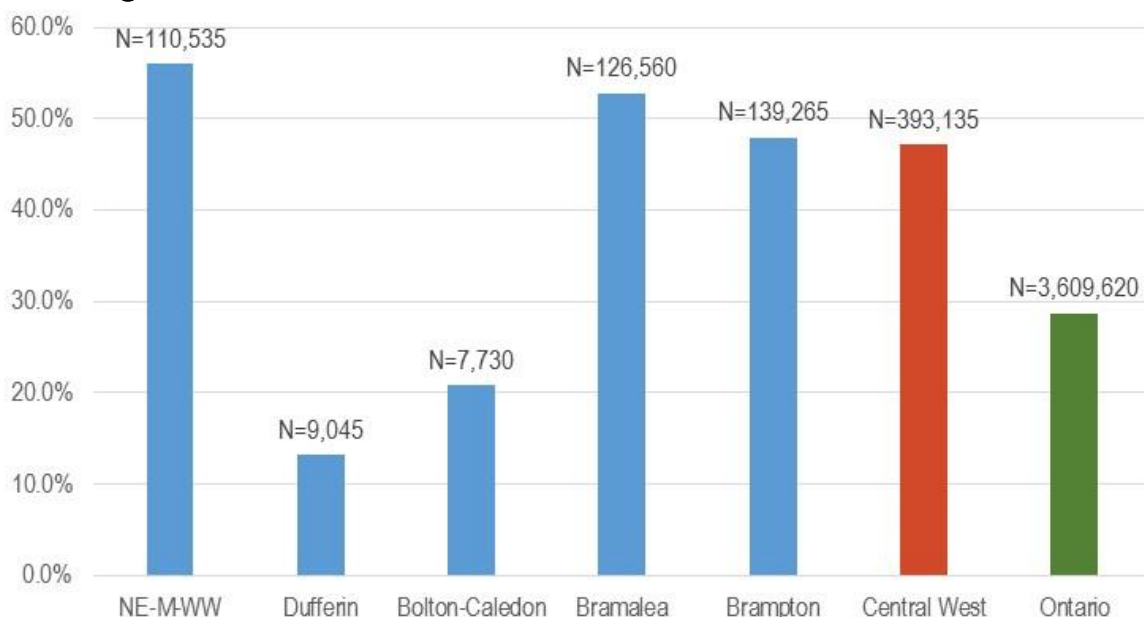
- English was the most frequently spoken language in all five sub-regions, ranging from 63% in NE-M-WW and 98% in Dufferin
- Panjabi (Punjabi) was the second most frequently spoken language in NE-M-WW, Bramalea and Brampton and third most in Bolton-Caledon
- The remaining top three languages varies across the sub-regions

## Language: Top 5 Spoken Most Frequently at Home

Sub-region Name	NE-M-WW	Dufferin	Bolton-Caledon	Bramalea	Brampton	Central West LHIN
English	63.3% N=113,390	97.8% N=66,780	92.7% N=33,510	64.3% N=137,275	73.9% N=195,880	71.7% N=546,835
French		0.2% N=155				
German		0.3% N=215				
Gujarati	2.7% N=4,825			2.1% N=4,465		1.6% N=12,175
Italian	4.0% N=7,125		2.8% N=1,015			
Panjabi (Punjabi)	9.3% N=16,710		0.9% N=340	19.1% N=40,810	11.1% N=29,315	11.5% N=87,285
Polish		0.2% N=155	0.5% N=185			
Portuguese		0.2% N=115			1.6% N=4,130	
Spanish	2.5% N=4,460		0.8% N=285			1.4% N=10,580
Tamil				2.0% N=4,265	1.1% N=2,975	
Urdu				1.9% N=4,080	2.1% N=5,620	1.9% N=14,170

## Immigration: Total and Recent

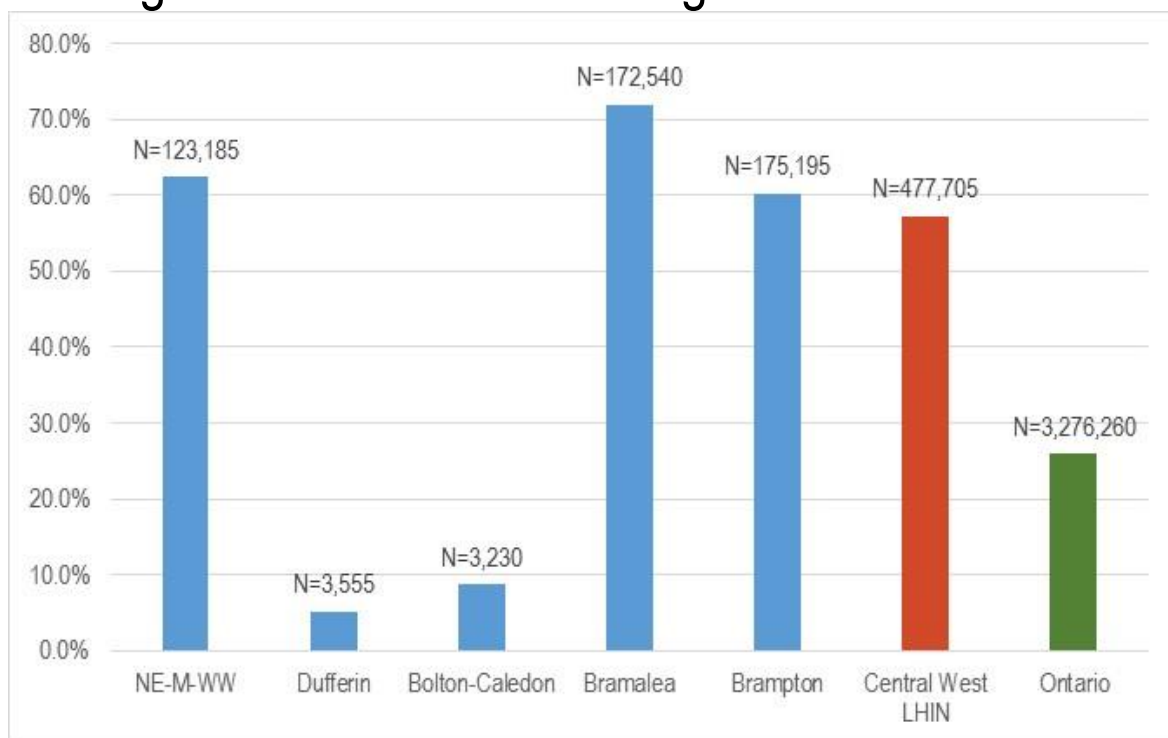
- Central West LHIN has the second highest percent immigrant population, 47.1% compared to 28.6% for Ontario
  - The LHIN has the highest percent of recent immigrants at 7.0%
- NE-M-WW and Bramalea ranked 5<sup>th</sup> and 9<sup>th</sup> highest proportion of immigrant population among all of the Ontario sub-regions



	Population who are immigrants	% population who are immigrants	% recent immigrants
<b>NE-M-WW</b>	110,535	56.0%	9.3%
<b>Dufferin</b>	9,045	13.2%	0.7%
<b>Bolton-Caledon</b>	7,730	20.8%	0.5%
<b>Bramalea</b>	126,560	52.8%	7.4%
<b>Brampton</b>	139,265	47.9%	7.5%
<b>Central West LHIN</b>	393,135	47.1%	7.0%
<b>Ontario</b>	3,609,620	28.6%	3.8%

## Identity: Visible Minority

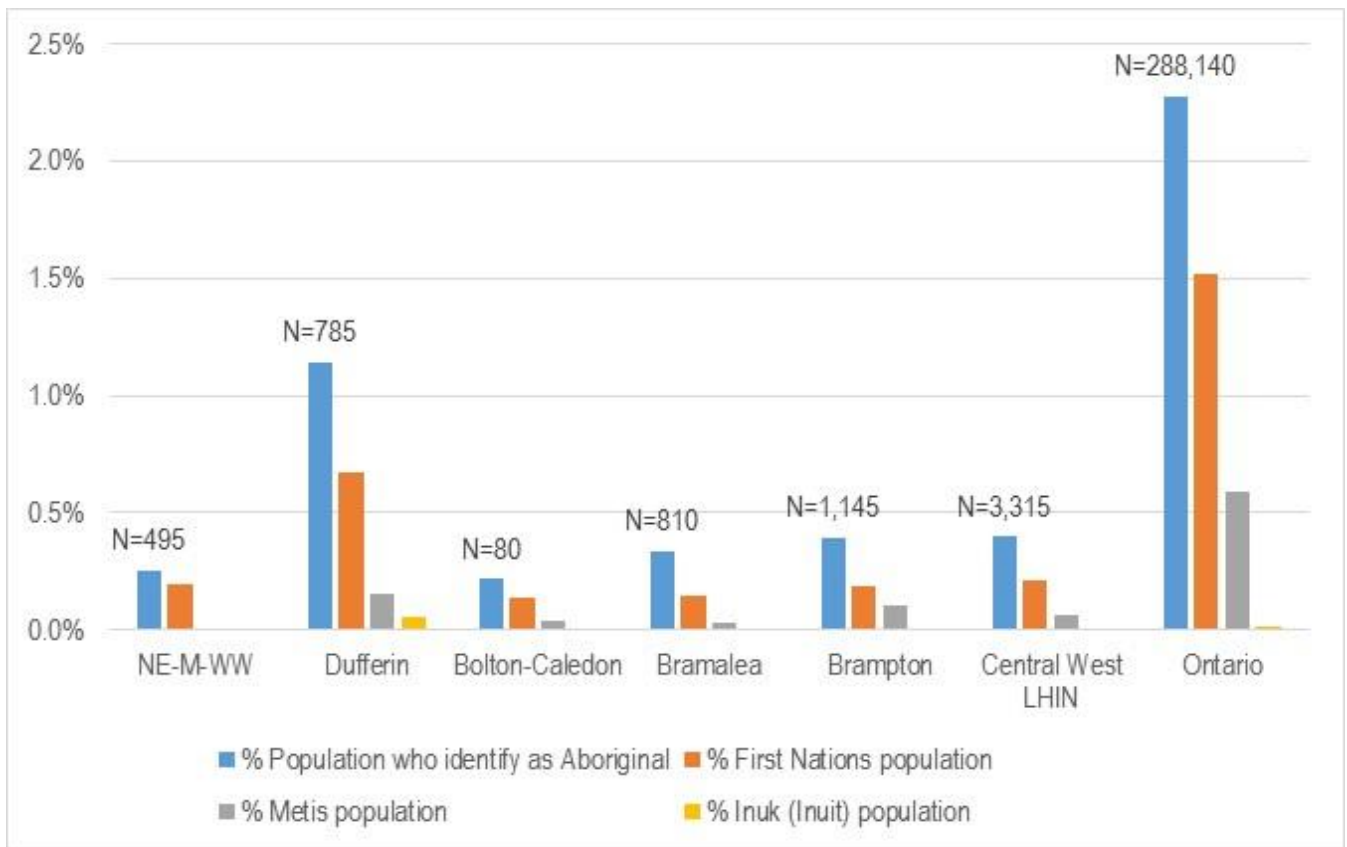
- Central West LHIN has the highest percent visible minority population, 57% compared to 26% for Ontario
- Bramalea, NE-M-WW and Brampton ranked 2<sup>nd</sup>, 5<sup>th</sup> and 7<sup>th</sup> highest proportion of visible minority population among all of the Ontario sub-regions



	Total visible minority population	% Total visible minority population
NE-M-WW	123,185	62.4%
Dufferin	3,555	5.2%
Bolton-Caledon	3,230	8.7%
Bramalea	172,540	72.0%
Brampton	175,195	60.2%
Central West LHIN	477,705	57.3%
Ontario	3,276,260	25.9%

## Identity: Aboriginal

- Central West LHIN has the third lowest percent population who identify as Aboriginal, 0.4% compared to 2.3%
- There is little variation in percent of population who identify as Aboriginal across the Central West LHIN sub-regions
  - Range: 0.2% in Bolton-Caledon to 1.1% in Dufferin





## Education and Employment Rate

- Central West LHIN has the third lowest percent population who graduated from high school (86%) or completed post secondary education (59%)
- Bolton-Caledon has the highest proportion that graduated from high school (90%) or completed post-secondary education (63%) among all Central West LHIN sub-regions
- NE-M-WW has the lowest proportion for both statistics among Central West sub-regions – 83% and 56%
- Although the Central West LHIN had the fifth lowest proportion of people employed (90.6%), the range across LHINs is narrow (90.2% to 93.3%)

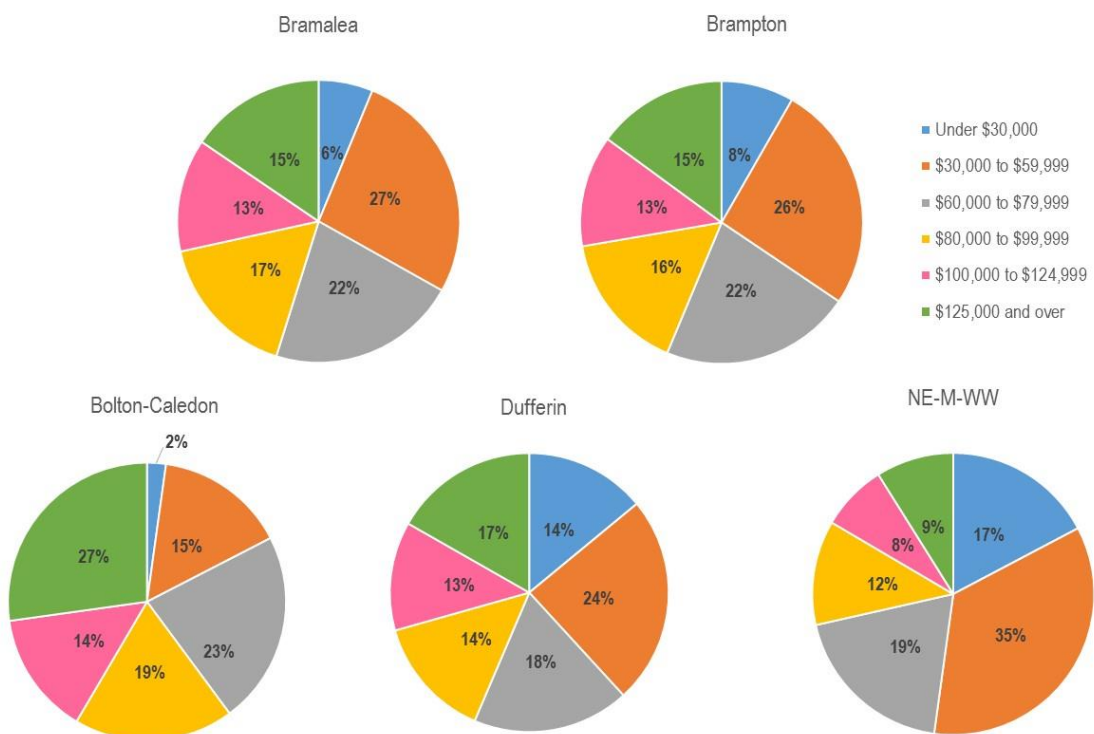
## Private Household After-Tax Income

- Central West LHIN has the lowest proportion of private households with an after-tax income less than \$30,000, 10% compared to 19% for Ontario
- The LHIN has the fifth highest proportion of private households with an after-tax income greater than \$125,000

	% After-Tax Income <\$30,000	% After-Tax Income >\$125,000
Erie St. Clair	24.3%	7.7%
South West	22.9%	8.0%
Waterloo Wellington	18.4%	11.4%
HNHB	22.1%	9.7%
<b>Central West</b>	<b>10.2%</b>	<b>14.4%</b>
Mississauga Halton	11.7%	20.3%
Toronto Central	23.4%	16.1%
Central	16.6%	17.5%
Central East	18.1%	11.4%
South East	23.2%	6.7%
Champlain	14.9%	15.2%
NSM	19.4%	9.2%
North East	24.5%	7.2%
North West	23.4%	7.7%
Ontario	19.2%	12.5%

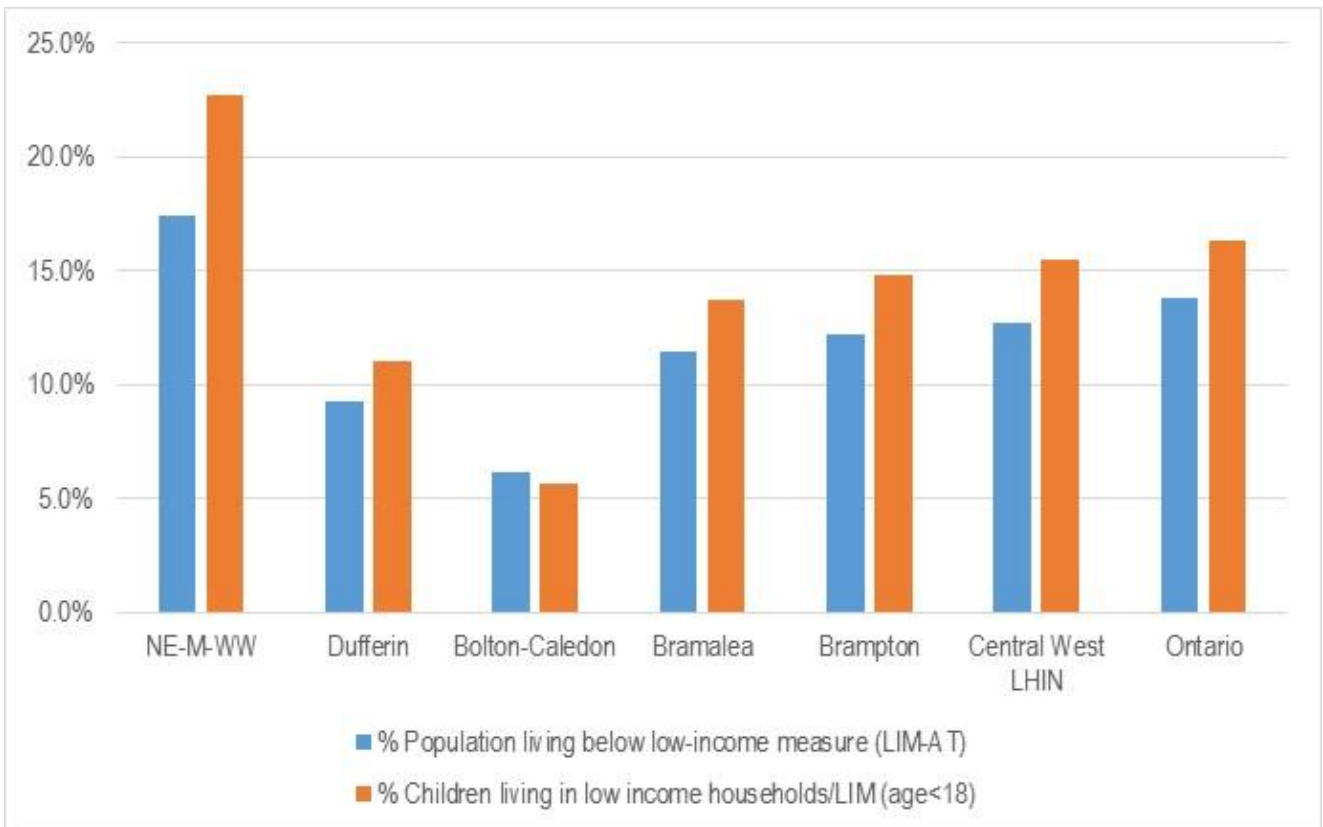
## Private Household After-Tax Income: by Sub-Region

- Approximately 50% of Ontarians report an after-tax income of less than \$60,000, compared to 38% of Central West LHIN residents.
- The proportion of Central West LHIN private households whose after-tax income falls into the remaining, higher income categories are all greater than provincial numbers
- Bramalea, Brampton and Dufferin have after-tax income distributions similar to the LHIN as a whole
- In contrast, Bolton-Caledon and NE-M-WW have different distributions
  - Bolton-Caledon has a lower proportion of private households reporting income less than \$60,000 (17% versus 52% for NE-M-WW) and a higher proportion reporting income greater than \$100,000 (41% versus 17%)



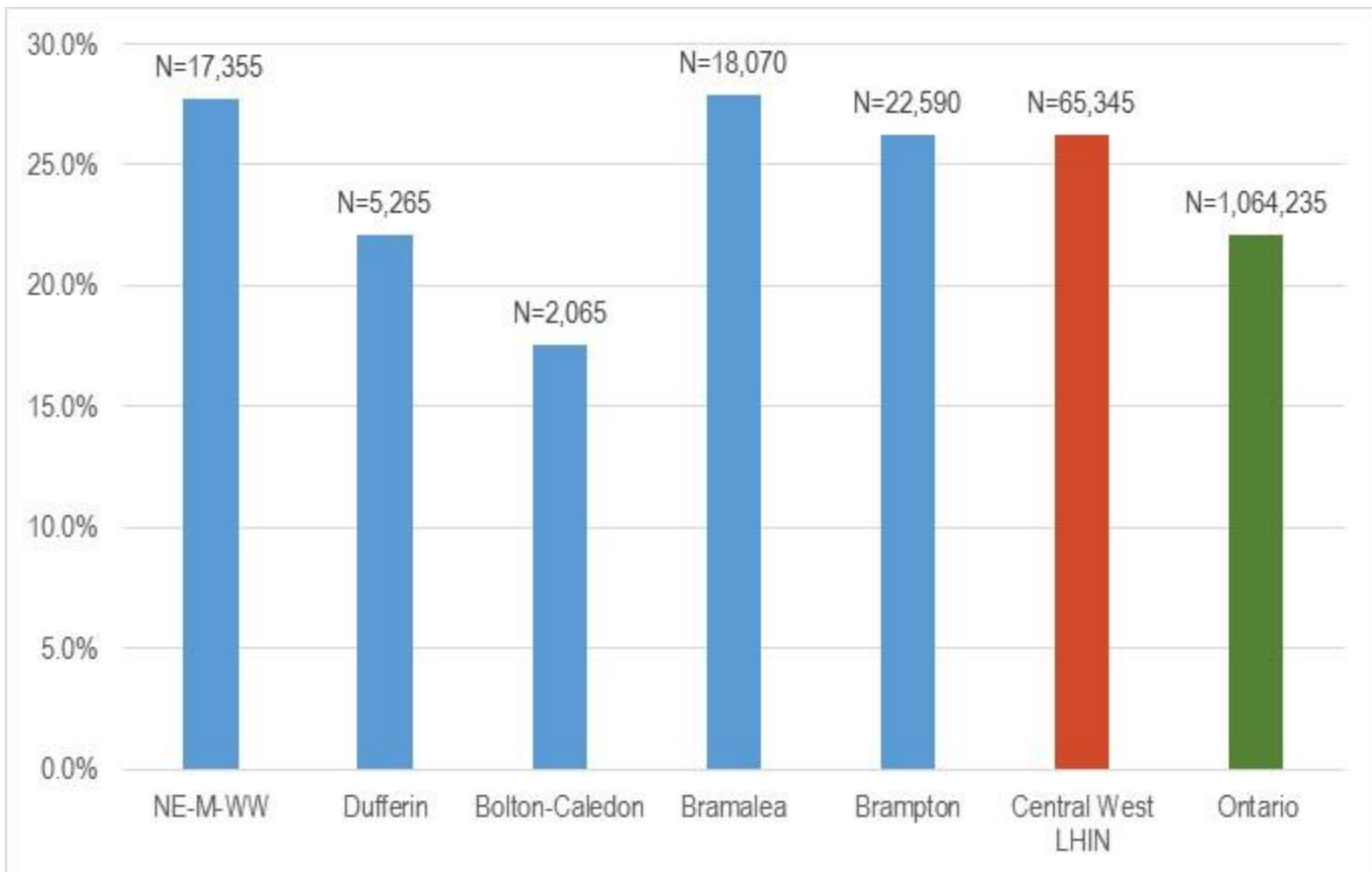
## Living Below Low-Income Measure (LIM-AT)

- Among Central West LHIN sub-regions, Bolton-Caledon and Dufferin have the lowest proportion living below LIM, 6% and 9%, respectively
- NE-M-WW has one of the highest proportion of children living below LIM (23%) among all sub-regions



## Housing Affordability

- Central West LHIN households had the second highest proportion who spend 30% or more on rent or payments, 26% compared to 22% for Ontario
- Among Central West LHIN sub-regions, NE-M-WW and Bramalea had the highest proportion who spend 30% or more on housing



# Population-Level Protective and Risk Factors

## Population-Level Protective & Risk Factors

- Lifestyle behavior can inform health status by providing insight into:
  - Health promoting behaviours, and
  - Health-risk behaviours
- The data source for this information is the Canadian Community Health Survey (CCHS) as provided by Population Health Assessment, Peel Public Health
  - Some analyses are limited by sample size
  - To increase the sample size available at the sub-region level, two CCHS cycles were combined (2011/2012 and 2013/2014)
  - CCHS was designed to produce reliable estimates at the health region level. Estimates at the sub-region level may not be representative of the population in these areas
  - Depending upon the question, self-reported data may be subject to a number of survey biases, including social desirability bias, response bias or recall bias

## Self-Rated Health: Excellent, Very Good or Good

- In 2011 to 2014, the proportion of the population who rated their health as excellent/very good/good was similar across all Central West LHIN sub-regions and ranged between 88% and 93%.
- At 93%, those living in Dufferin sub-region were more likely to report their health as excellent/very good/good compared to Ontario (89%)

	Excellent/Very Good/Good (%)	Lower CI (%)	Upper CI (%)
<b>NE-M-WW</b>	87.7	84.1	90.6
<b>Dufferin</b>	92.8	89.7	95.0
<b>Bolton-Caledon</b>	89.3	83.0	93.5
<b>Bramalea</b>	90.7	87.3	93.2
<b>Brampton</b>	90.9	88.2	93.0
<b>Central West LHIN</b>	90.2	88.6	91.5
<b>Ontario</b>	88.6	88.1	89.0



## Self-Rated Mental Health

- In 2011 to 2014, the proportion of the population who rated their mental health as excellent/very good/good was similar across all Central West LHIN sub-regions and ranged between 94% and 96%.
- At 96%, both Central West LHIN and Brampton residents were significantly more likely to rate their mental health as excellent/very good/good compared to Ontario (93.5%)

	Excellent/Very Good/Good (%)	Lower CI (%)	Upper CI (%)
<b>NE-M-WW</b>	95.2	92.8	96.8
<b>Dufferin</b>	93.6	89.8	96.1
<b>Bolton-Caledon</b>	95.4	91.1	97.7
<b>Bramalea</b>	95.9	93.6	97.3
<b>Brampton</b>	96.1	94.4	97.2
<b>Central West LHIN</b>	95.6	94.6	96.4
<b>Ontario</b>	93.5	93.1	93.8

## Self-Reported Stress: Quite a Bit or Extreme

- In 2011 to 2014, the proportion of the Central West LHIN population who reported *quite a bit or extreme stress most days* was similar to the proportion of Ontarians, 21% compared to 22%
  - A significantly lower proportion of both Bramalea and Brampton sub-region populations reported quite a bit or extreme stress (18%) compared to Ontario
- At 31.7%<sup>†</sup>, Bolton-Caledon sub-region self-reported stress was significantly higher than Bramalea and Brampton

	Quite a Bit/Extreme Stress (%)	Lower CI (%)	Upper CI (%)
<b>NE-M-WW</b>	24.0	19.3	29.3
<b>Dufferin</b>	27.7	21.3	35.2
<b>Bolton-Caledon</b>	31.7 <sup>†</sup>	21.6	44.0
<b>Bramalea</b>	17.8	14.6	21.4
<b>Brampton</b>	18.0	15.1	21.3
<b>Central West LHIN</b>	20.8	18.8	23.0
<b>Ontario</b>	22.2	21.7	22.8

† Use estimate with caution

## Current Smokers (Daily or Occasional)

- In 2011 to 2014, those living in Central West LHIN (12%) were significantly less likely to be current smokers compared to all Ontarians (17%)
  - Residents of NE-M-WW (11%), Bramalea (9%) and Brampton (12%) were significantly less likely to be smokers compared to all Ontarians
- At 21%, those living in the Dufferin sub-region were significantly more likely to be current smokers compared to NE-M-WW, Bramalea and Brampton residents

	Current Smoker (%)	Lower CI (%)	Upper CI (%)
<b>NE-M-WW</b>	10.8	8.1	14.3
<b>Dufferin</b>	20.8	15.5	27.3
<b>Bolton-Caledon</b>	18.1 <sup>†</sup>	10.8	28.6
<b>Bramalea</b>	9.0	6.7	12.1
<b>Brampton</b>	12.3	10.0	15.0
<b>Central West LHIN</b>	12.1	10.7	13.8
<b>Ontario</b>	17.1	16.6	17.6

† Use estimate with caution

## Current Drinkers

- In 2011 to 2014, those living in Central West LHIN (63%) were significantly less likely to be current drinkers compared to all Ontarians (74%)
  - Residents of NE-M-WW (59%), Bramalea (58%) and Brampton (63%) were significantly less likely to be current drinkers compared to all Ontarians
  - In contrast, residents of Dufferin (82%) were significantly more likely to be drinkers compared to all Ontarians
- Those living in the Bolton-Caledon (80%) or Dufferin (82%) sub-regions were significantly more likely to be current drinkers compared to those living in the other three sub-regions

	Current Drink (%)	Lower CI (%)	Upper CI (%)
<b>NE-M-WW</b>	59.0	53.1	64.6
<b>Dufferin</b>	82.3	77.8	86.0
<b>Bolton-Caledon</b>	79.5	70.7	86.2
<b>Bramalea</b>	57.5	52.3	62.5
<b>Brampton</b>	62.9	58.7	67.0
<b>Central West LHIN</b>	63.1	60.5	65.6
<b>Ontario</b>	73.6	72.9	74.2

## Physical Inactivity During Leisure Time

- In 2011 to 2014, those living in Central West LHIN (55%) were significantly more likely to be physically inactive during leisure time compared to all Ontarians (46%)
  - Residents of NE-M-WW (55%), Bramalea (54%) and Brampton (61%) were significantly more likely to be physically inactive compared to all Ontarians
- Those living in the Dufferin (40%) sub-region were significantly less likely to be physically inactive during leisure time compared to those living in NE-M-WW, Bramalea, Brampton and the LHIN as a whole

	Physical Inactivity (%)	Lower CI (%)	Upper CI (%)
<b>NE-M-WW</b>	54.8	49.0	60.5
<b>Dufferin</b>	39.7	33.0	46.7
<b>Bolton-Caledon</b>	42.0	32.4	52.2
<b>Bramalea</b>	53.6	48.5	58.7
<b>Brampton</b>	61.0	56.6	65.2
<b>Central West LHIN</b>	55.1	52.4	57.7
<b>Ontario</b>	46.1	45.4	46.8

## Fruit and Vegetable Consumption <5 Times/Day

- In 2011 to 2014, the proportion of residents who consume fruits and vegetables less than five times a day was similar for Central West LHIN (60%) and the province (62%)
  - Residents of Bolton-Caledon (40%) were significantly less likely to consume fruits and vegetables less than five times a day compared to all Ontarians
- Those living in the Bolton-Caledon sub-region were significantly less likely to consume fruits and vegetables less than five times a day compared to those living in Bramalea (61%), Brampton (63%) or NE-M-WW (58%) sub-regions and the LHIN as a whole

	Fruits & Vegetables <5 times/day (%)	Lower CI (%)	Upper CI (%)
<b>NE-M-WW</b>	57.7	51.8	63.5
<b>Dufferin</b>	54.2	49.9	61.4
<b>Bolton-Caledon</b>	40.3	30.9	50.6
<b>Bramalea</b>	61.3	56.2	66.2
<b>Brampton</b>	63.4	58.9	67.7
<b>Central West LHIN</b>	59.6	56.9	62.2
<b>Ontario</b>	61.5	60.9	62.2

## Overweight or Obese (Age 18+)

- In 2011 to 2014, the proportion of residents who are overweight or obese was similar for Central West LHIN (54%) and the province (53%)
  - Residents of Bolton-Caledon (69%) were significantly more likely to be overweight or obese compared to all Ontarians
- Those living in the Bolton-Caledon sub-region were significantly more likely to be overweight or obese compared to those living in the Brampton (53%) or NE-M-WW (52%) sub-regions and the LHIN as a whole

	Overweight or Obese (%)	Lower CI (%)	Upper CI (%)
<b>NE-M-WW</b>	51.8	45.5	58.1
<b>Dufferin</b>	57.6	49.9	64.9
<b>Bolton-Caledon</b>	69.3	59.2	77.9
<b>Bramalea</b>	53.6	47.9	59.3
<b>Brampton</b>	53.0	48.0	57.9
<b>Central West LHIN</b>	54.1	51.2	57.1
<b>Ontario</b>	53.4	52.6	54.1

**Thank you**