



# THE YEAR IN REVIEW

## 2011 ANNUAL HEALTH STATISTICS

DURHAM REGION HEALTH DEPARTMENT

EPIDEMIOLOGY AND EVALUATION UNIT

WEATHER: SUNNY -3°C

JANUARY 2012



### Tuberculosis

**DURHAM** – Tuberculosis (TB) presents itself in two different forms: active TB disease and latent or inactive TB infection (LTBI); the majority of individuals infected have LTBI, with a 10% lifetime risk of progressing to active TB. The rate of active TB in Durham Region fluctuated between 1991 and 2010 but has remained consistently lower than Ontario's rate with an average of 11 cases per year in the past ten years. The highest rates of active TB in both Durham Region and Ontario occurred among

seniors 60 years and older. The majority of active TB cases among Durham Region residents were born outside of Canada (90.3%).

The incidence of LTBI among Durham Region residents has also been decreasing from 47.6/100,000 in 2004 to 36.1/100,000 in 2010 and, as with active cases, remained consistently lower than that for Ontario as a whole.

Between 2006 and 2009, 100% of Durham Region active TB cases underwent treatment and 98% completed treatment.

### Quick Facts: Early Substance Use

**DURHAM** – One-third (35%) of Durham Region secondary school students reported trying alcohol before entering high school. Early substance use has been shown to be a risk factor for abuse and dependence later in life. Early initiation rates were lower for getting drunk, trying cannabis and smoking at 13%, 15% and 10%, respectively. Durham Region's rates were similar to Ontario's.

### Here We Grow Again...

**DURHAM** -- In 2010, the population of Durham Region was estimated to be 620,427, an increase of 20% compared with 2000.

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### Infant Feeding At A Glance

**DURHAM** – The most recent *Infant Feeding At a Glance* report finds that 95% of Durham Region mothers who gave birth in 2010 initiated breastfeeding, 56% continued to breastfeed for six months or more, and 7% provided their infants with exclusive breast milk for at least six months. Formula was the most commonly introduced liquids and solids during the first six months postpartum, followed by cereal and water.

### Check out our other At A Glances:

- Cancer At A Glance
- Hospitalization At A Glance
- Infectious Diseases At A Glance
- Morality At A Glance
- Injuries At A Glance
- Population At A Glance
- Reproductive Health At A Glance



### Parents Speak Up Parent-Child Sexual Health Communication in Durham Region

**DURHAM** -- During 2005 and 2006, the Rapid Risk Factor Surveillance System (RRFSS) surveyed 289 parents of children aged 6 to 11 years and 298 parents of youth aged 12 to 17 in Durham Region about sexual health communication with their children and youth.

The findings indicate that the majority of Durham Region parents (78% ±5%) discuss some sexual health topics with their children and youth, although parents with a non-English home language are less likely to do so compared to those whose primary home language is English. In general, Durham Region parents with a non-English home language have lower comfort levels when

discussing sexual health with their children and are less likely to have the information they need to facilitate discussions with their children and youth. Overall, parents are less likely to have the information needed to discuss sexual health with 6 to 11 year olds than with 12 to 17 year olds.

Durham Region parents appear to delay discussing age-appropriate sexual health topics until their children and youth are older. Parents of children aged 6 to 11 are more likely to discuss sexual health with older children aged 9 to 11. Similarly, parents of youth aged 12 to 17 are more likely to discuss sexual health with older youth aged 14 to 17.



## Quick Facts: Mental Health

**DURHAM --** Poor mental health can adversely affect all life areas. Some specific examples of mental health indicators are low self-esteem, presence of depressive symptoms, experiencing elevated psychological distress, and suicide ideation and attempt. During the 2008-09 school year, about one in 10 students in Durham Region and Ontario indicated low self-esteem and about one in twenty reported depressive symptoms. In elementary school students, 20% reported elevated psychological distress, increasing to 36% in Durham Region secondary school students. These percentages were similar to Ontario. In Ontario and Durham Region, about one in 10 students reported that they had seriously considered suicide in the past year and 3% reported attempting suicide.

QUICK  
FACTS:

### Facts On:

The *Facts On Vegetable and Fruit Consumption in Durham Region* report shows that while there was an improvement in vegetable and fruit consumption in Durham Region since 2003, over half of residents ate vegetables and fruit less than 5 times a day.

The *Facts On Screen Time Activities in Durham Region* report showed that over one-third of Durham Region residents were frequent TV viewers, and one-fifth of Durham Region residents were frequent computer users.

### E&E Key Reports Completed in 2011

- 2010/11 Influenza Season Summary Report
- Breastfeeding in Public Places in Durham
- Facts On... in Durham Region
  - Adult Body Mass Index
  - Diabetes
  - High Blood Pressure
  - Leisure Time Physical Activity
  - Screen Time Activities
  - Suicide Thoughts and Attempts
  - Vegetable and Fruit Consumption
- Hospitalization At A Glance
- Infant Feeding At A Glance
- Infectious Diseases At A Glance
- Mortality At A Glance
- Population At A Glance
- Parent-Child Sexual Health Communication in Durham
- Quick Facts:
 

<ul style="list-style-type: none"> <li><i>Cycle 1 (PMO 2008-09)</i></li> <li>Depressive Symptoms</li> <li>Early Substance Use</li> <li>Elevated Psychological Distress</li> <li>Getting Along with Parents</li> <li>Mental Health Professional Visit</li> <li>School Attachment</li> <li>Self-Esteem</li> <li>Self-Reported Mental Health</li> <li>Suicide Ideation and Attempts</li> </ul>	<ul style="list-style-type: none"> <li><i>Cycle 2 (PMO 2010-11)</i></li> <li>Alcohol Use</li> <li>Breakfast Consumption</li> <li>Drinking &amp; Driving –</li> <li>Recreational Vehicles</li> <li>Healthy Weights</li> <li>Screen Time</li> <li>Tobacco Use</li> </ul>
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- Snapshot on Cervical Cancer
- Snapshot on Chlamydia
- Snapshot on Tuberculosis
- The Year in Review 2010



## Snapshot On Cervical Cancer in Durham Region

**DURHAM --** The main cause of cervical cancer is persistent infection with certain types of human papillomavirus (HPV). While HPV infection has to be present for cervical cancer to develop, it is not sufficient in itself to cause the disease.

Overall, incidence in Durham Region was similar to Ontario; however, young women aged 20-34 years had consistently higher incidence rates than their provincial counterparts. Mortality rates in Durham Region and Ontario were similar.

Cervical cancer can be prevented by HPV vaccination and regular Pap test screening. The Durham Region Health Department has offered HPV vaccination to grade 8 females in three doses at school clinics since 2007-08. Durham Region has higher HPV vaccination rates compared to many public health units in the province. However, only six out of 10 eligible grade 8 girls in Durham Region completed the vaccine series in the four years that vaccination has been available. Durham Region women aged 20-69 were more likely to have had a Pap test in the past three years compared with those in Ontario. Pap test rates were highest among women with higher income and education levels.

The higher cervical cancer incidence rate among young women in Durham Region compared with Ontario is inconsistent with our higher Pap test rates. High risk women may be missing out on having regular Pap tests, or women with abnormal test results may not be receiving appropriate follow-up. It is important that women and their health care professionals are vigilant against this preventable disease.

### 2010/11 Influenza Season Summary

**DURHAM --** There were a total of 160 lab confirmed influenza cases reported among Durham Region residents during the 2010/11 influenza season compared to 262 in the 2009/10 season and 289 in the 2008/09 season, both of which were impacted by pandemic H1N1 (pH1N1). Rates of influenza were highest among Durham Region children and seniors but consistently lower than Ontario. There were a total of 40 hospitalizations among lab confirmed cases in Durham Region during the 2010/11 influenza season compared to 77 in 2009/10 and 20 in 2008/09.

There were 35 respiratory outbreaks in Durham Region institutions during the 2010/11 influenza season compared to 30 in 2009/10 and 22 in 2008/09. Child absenteeism at regional child care centres peaked between December and early February. During the 2010/11 influenza season there were 18 respiratory outbreaks reported in day nurseries compared to 26 in 2009/10 and 9 in 2008/09. Absenteeism due to illness rates at Durham Region schools during the 2010/11 influenza season were higher in December than previous years and peaked at 5.7%.

### Need More Info?

Visit the Health Statistics link on the Durham Region Health Department internet site:  
<http://www.durham.ca> under Department, Health

For more information, contact the Epidemiology and Evaluation Unit,  
Durham Region Health Department, 905-668-7711 or 1-800-841-2729