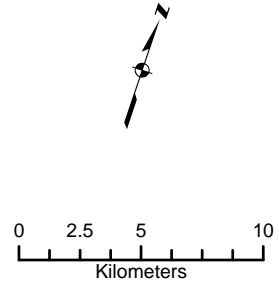
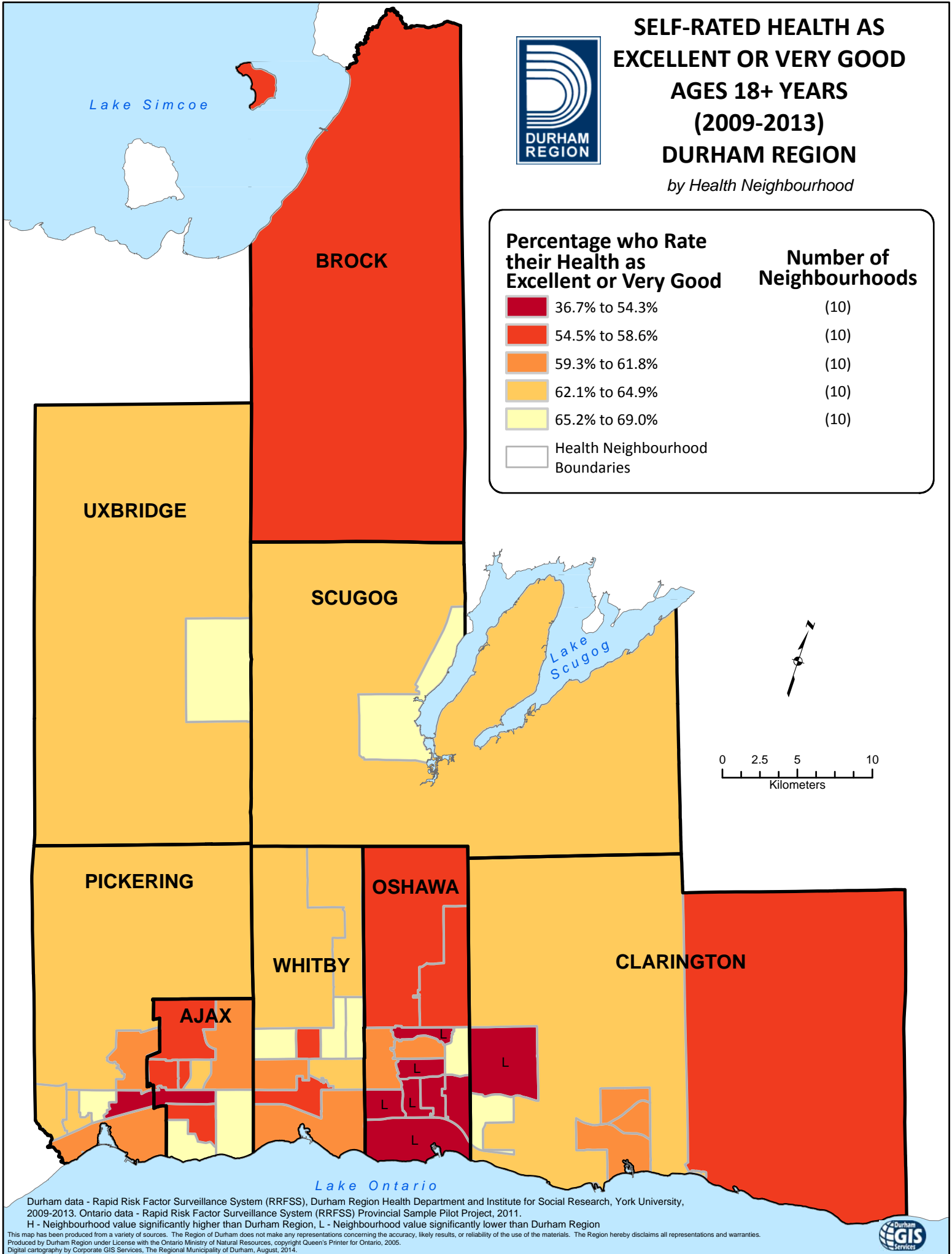




**SELF-RATED HEALTH AS EXCELLENT OR VERY GOOD  
AGES 18+ YEARS  
(2009-2013)  
DURHAM REGION**

*by Health Neighbourhood*

Percentage who Rate their Health as Excellent or Very Good	Number of Neighbourhoods
36.7% to 54.3%	(10)
54.5% to 58.6%	(10)
59.3% to 61.8%	(10)
62.1% to 64.9%	(10)
65.2% to 69.0%	(10)
Health Neighbourhood Boundaries	



Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2009-2013. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.


H - Neighbourhood value significantly higher than Durham Region, L - Neighbourhood value significantly lower than Durham Region

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# Self-Rated Health as Excellent or Very Good, Ages 18+ Years (2009-2013)

## Table 1: Health Neighbourhoods Indicator Summary



	Percentage who Rate their Health as Excellent or Very Good	95% Confidence Interval	Compared to Durham Rate		
			Lower	Similar	Higher
<b>Pickering</b>	<b>62%</b>	59% - 65%			
Frenchman's Bay (P1)	61%	54% - 68%			
West Rouge (P2)	64%	55% - 72%			
Amberlee (P3)	63%	53% - 72%			
Dunbarton (P4)	68%	60% - 74%			
Pickering City Centre (P5)	54%	45% - 63%			
Brock Ridge Pickering (P6)	61%	50% - 71%			
Pickering North (P7)	62%	53% - 71%			
<b>Ajax</b>	<b>60%</b>	57% - 64%			
Ajax Waterfront (A1)	66%	58% - 73%			
Downtown Ajax (A2)	57%	48% - 65%			
Carruthers (A3)	68%	59% - 76%			
Central Ajax (A4)	53%	44% - 62%			
Riverside-Hermitage (A5)	58%	49% - 67%			
Westney Heights (A6)	59%	47% - 69%			
Applecroft (A7)	64%	54% - 73%			
Ajax Northwest (A8)	57%	47% - 68%			
Ajax Northeast (A9)	62%	50% - 72%			
<b>Whitby</b>	<b>62%</b>	60% - 65%			
Whitby South (W1)	60%	52% - 66%			
Downtown Whitby (W2)	57%	51% - 64%			
Cochrane South (W3)	61%	53% - 69%			
Manning (W4)	63%	57% - 69%			
Williamsburg (W5)	69%	59% - 78%			
Whitby Brock North (W6)	58%	49% - 66%			
Dryden-Anderson (W7)	68%	60% - 75%			
Dryden East (W8)	66%	57% - 73%			
Brooklin East (W9)	65%	57% - 72%			
Brooklin West (W10)	62%	54% - 69%			
<b>Oshawa</b>	<b>54%</b>	52% - 56%	è		
Lakeview (O1)	49%	41% - 56%	è		
Gibb West (O2)	50%	42% - 58%	è		
Downtown Oshawa (O3)	37%	29% - 45%	è		
Central Park (O4)	53%	45% - 60%			
Grandview South (O5)	54%	47% - 61%			
Stevenson North (O6)	59%	53% - 65%			
Hillsdale (O7)	50%	43% - 58%	è		
Beatrice South (O8)	59%	52% - 66%			
Grandview North (O9)	66%	58% - 73%			
Beatrice North (O10)	48%	40% - 57%	è		
Oshawa Northwest (O11)	55%	47% - 63%			
Oshawa Northeast (O12)	55%	47% - 62%			
<b>Clarington</b>	<b>60%</b>	57% - 63%			
Courtice South (C1)	67%	60% - 73%			
Courtice North (C2)	45%	36% - 53%	è		
Bowmanville South (C3)	61%	55% - 68%			
Bowmanville Central (C4)	61%	52% - 69%			
Bowmanville North (C5)	60%	52% - 67%			
Darlington (C6)	65%	57% - 72%			
Clarke (C7)	58%	52% - 64%			
<b>Scugog</b>	<b>65%</b>	60% - 70%			
Port Perry (S1)	65%	58% - 72%			
Rural Scugog (S2)	65%	58% - 71%			
<b>Uxbridge</b>	<b>66%</b>	60% - 72%			
Urban Uxbridge (U1)	67%	60% - 73%			
Rural Uxbridge (U2)	64%	51% - 76%			
<b>Brock</b>					
Brock (B1)	56%	50% - 62%			
<b>Durham Region</b>	<b>60%</b>	59% - 61%	Similar to Ontario		
<b>Range</b>	37%- 69%				
<b>Ontario</b>	60%	58%-62%			

Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2009-2013. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.

Note: Estimates marked with \* should be used with caution because of high sampling variability with a Coefficient of Variation (CV) between 16.5% and 33.3%, Estimates with a CV greater than 33.3%, a numerator less than 5 or a denominator less than 30 have been suppressed and are marked as Not Releaseable (NR). Lower (down arrow) or Higher (up arrow) means that the 95% confidence intervals do not overlap with those of Durham Region and are significantly different.

## Self-Rated Health as Excellent or Very Good, Ages 18+ Years (2009-2013)

Table 2: List of Health Neighbourhoods ranked from lowest to highest

Order	Health Neighbourhoods	Percentage who Rate their Health as Excellent or Very Good	Compared to Durham Region (Higher is Better)	Quintile
1	Downtown Oshawa (O3)	37%	LOWER	1
2	Courtice North (C2)	45%	LOWER	1
3	Beatrice North (O10)	48%	LOWER	1
4	Lakeview (O1)	49%	LOWER	1
5	Gibb West (O2)	50%	LOWER	1
6	Hillsdale (O7)	50%	LOWER	1
7	Central Park (O4)	53%	similar	1
8	Central Ajax (A4)	53%	similar	1
9	Grandview South (O5)	54%	similar	1
10	Pickering City Centre (P5)	54%	similar	1
11	Oshawa Northeast (O12)	55%	similar	2
12	Oshawa Northwest (O11)	55%	similar	2
13	Brock (B1)	56%	similar	2
14	Downtown Ajax (A2)	57%	similar	2
15	Ajax Northwest (A8)	57%	similar	2
16	Downtown Whitby (W2)	57%	similar	2
17	Whitby Brock North (W6)	58%	similar	2
18	Riverside-Hermitage (A5)	58%	similar	2
19	Clarke (C7)	58%	similar	2
20	Westney Heights (A6)	59%	similar	2
21	Beatrice South (O8)	59%	similar	3
22	Stevenson North (O6)	59%	similar	3
23	Whitby South (W1)	60%	similar	3
24	Bowmanville North (C5)	60%	similar	3
25	Brock Ridge Pickering (P6)	61%	similar	3
26	Bowmanville Central (C4)	61%	similar	3
27	Frenchman's Bay (P1)	61%	similar	3
28	Cochrane South (W3)	61%	similar	3
29	Bowmanville South (C3)	61%	similar	3
30	Ajax Northeast (A9)	62%	similar	3
31	Brooklin West (W10)	62%	similar	4
32	Pickering North (P7)	62%	similar	4
33	Amberlee (P3)	63%	similar	4
34	Manning (W4)	63%	similar	4
35	West Rouge (P2)	64%	similar	4
36	Applecroft (A7)	64%	similar	4
37	Rural Uxbridge (U2)	64%	similar	4
38	Rural Scugog (S2)	65%	similar	4
39	Darlington (C6)	65%	similar	4
40	Brooklin East (W9)	65%	similar	4
41	Port Perry (S1)	65%	similar	5
42	Dryden East (W8)	66%	similar	5
43	Ajax Waterfront (A1)	66%	similar	5
44	Grandview North (O9)	66%	similar	5
45	Courtice South (C1)	67%	similar	5
46	Urban Uxbridge (U1)	67%	similar	5
47	Dunbarton (P4)	68%	similar	5
48	Dryden-Anderson (W7)	68%	similar	5
49	Carruthers (A3)	68%	similar	5
50	Williamsburg (W5)	69%	similar	5

## Self-Rated Health as Excellent or Very Good, Ages 18+ Years (2009-2013)

Table 3: Percentage who rate their health as excellent or very good by Durham Region Municipality

Municipality	Percentage who Rate their Health as Excellent or Very Good	Compared to Durham Region (Higher is Better)
Pickering	62%	similar
Ajax	60%	similar
Whitby	62%	similar
Oshawa	54%	<b>LOWER</b>
Clarington	60%	similar
Scugog	65%	similar
Uxbridge	66%	similar
Brock	56%	similar
Durham Region	60%	Similar to Ontario
Ontario	60%	

### What You Need to Know

- A higher rate of self-rated health is better for health.
- The percentage of adults who rate their health as excellent or very good ranges by Health Neighbourhood from 37% to 69%.
- Self-rated health status has been found to be a strong predictor of well-being. Self-rated health tends to be lower in the downtown areas of the urban municipalities. Five Neighbourhoods in Oshawa and one in Clarington have significantly lower self-rated health than Durham Region. Neighbourhoods with high self-rated health are scattered throughout the Region.

### Indicator Notes

- This indicator measures the percentage of adults aged 18 years or older who rate their health as excellent or very good.
- Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2009-2013. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.
- RRFSS is an ongoing survey of adults in Durham Region that collects data related to health knowledge, attitudes and behaviours. Five years of data were combined to provide a large enough sample for analysis at the Neighbourhood level. Respondents were asked to rate their health as excellent, very good, good, fair or poor. This indicator combined two categories.
- Neighbourhoods were sorted by the percentage of adults with excellent or very good self-rated health and divided into quintiles (five equal groupings). Approximately 10 Neighbourhoods are in each quintile.
- Neighbourhoods were compared with Durham Region based on their confidence intervals. Those with rates that were lower or higher had 95% confidence intervals that did not overlap with those of Durham Region and were significantly different.

Release Date: January 2015.

For more information, refer to The Guide to Health Neighbourhoods.

If you require this information in an accessible format, contact 1-800-841-2729.