

You've downloaded the PDF version of the Community Health Assessment (CHA)... now what? This guide provides you with tips and navigation options (including bookmarks, page number and text searches, and active links) to help you find what you are looking for quickly and easily!

## Facebook, Twitter and Feedback




Follow Prairie Mountain Health on Facebook or Twitter! We will be tweeting and posting about the CHA on a regular basis. Look for the hashtag #PMHCHA

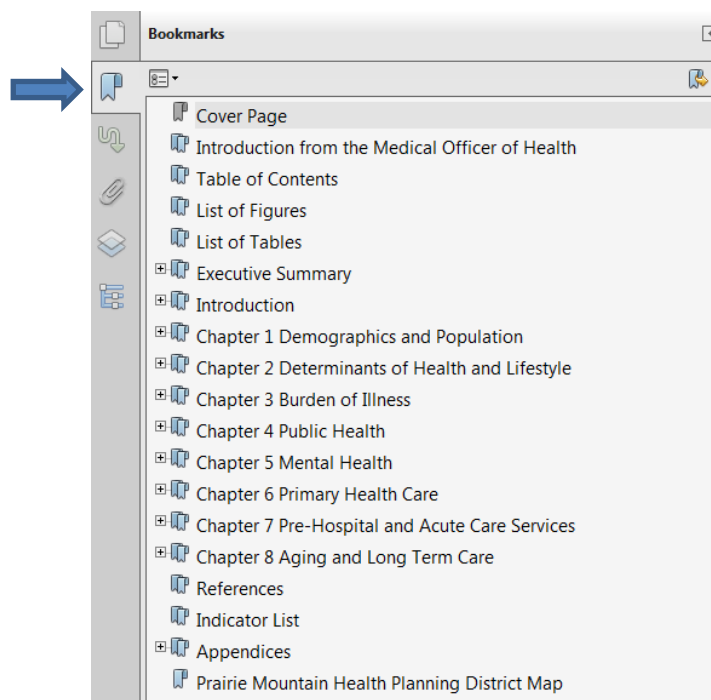
**TAKE SURVEY** ▶

Tell us what you think of the 2015 Community Health Assessment!

## Navigating with Bookmarks

Bookmarks in a PDF generally follow the order of the document and, therefore, act much like a Table of Contents. At a glance you can see the sections, subjects, or topics in the document. Clicking a bookmark takes you to a specified place in the document.

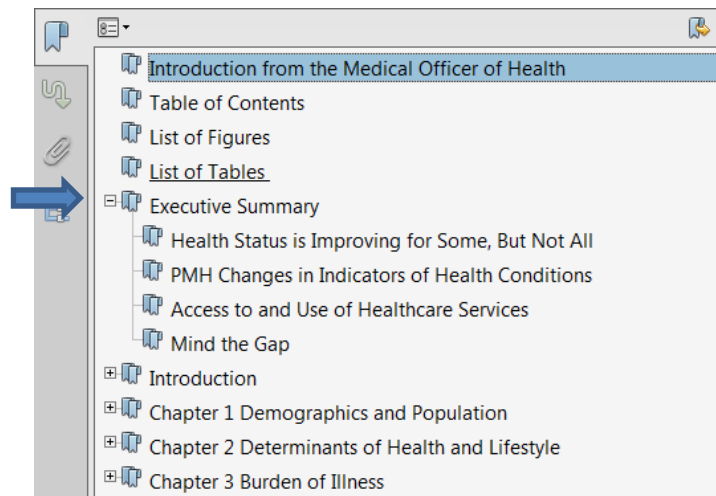
1. From the *Navigation* pane generally on the left side of the screen, click the **Bookmarks icon** .  This action toggles between hiding and displaying the *Bookmarks* pane. Once the *Bookmarks* pane is displayed you will be able to use it to jump directly to specific chapters or sections of the CHA.



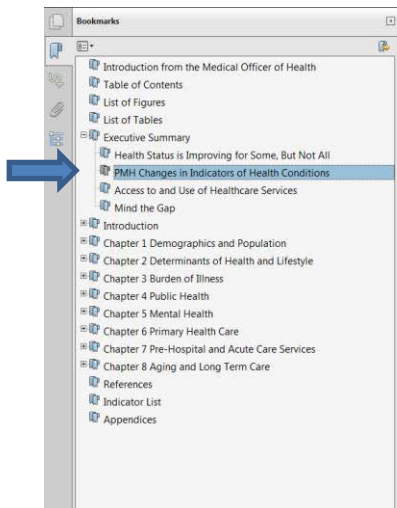


Indicators and data in the CHA are presented based on regional, zone and/or district levels. A **map** of Prairie Mountain Health and its districts is provided in the CHA to make it easy for you to identify the information at the level you need. The map can be found quickly by using the bookmark.

- To see sublevel bookmarks, expand the list by clicking the plus [+] symbol next to the bookmark. To see only the top level bookmarks, collapse the list by clicking the minus [-] symbol next to the bookmark



- To go to the section/topic indicated by the bookmark, click the bookmark. The bookmarked location appears in the *Document* pane.



**PMH Changes in Indicators of Health Conditions**

Prairie Mountain Health had a significant increase in the prevalence of mood and anxiety disorders. This was largely driven by increases in the North and Brandon zones. The prevalence of substance abuse was significantly higher in the North and Brandon zones, and both the South and North zones experienced significant increases over time.

The prevalence of dementia within the region was significantly lower than the provincial average. However, the district rates ranged from a low of 5.3% to a high of 16.0%, and the Brandon Zone showed a significant increase in dementia prevalence over time.

**Access to and Use of Healthcare Services**

**Primary Health Care**

There is variable utilization of primary health care services across the Prairie Mountain Health region; utilization is impacted by health status, comorbidity, income, and availability. Transportation to access services was identified as a challenge for residents in First Nation communities.

## Navigating with the Page Navigation Toolbar

The *Page Navigation* toolbar allows you to navigate by moving one page at a time or jumping to any page within the document.



Clicking the UP or DOWN arrow moves one page backwards or forwards in the document. Type a page number directly into the page number box to move to that page.

Notable page numbers within the Prairie Mountain Health 2015 Community Health Assessment:

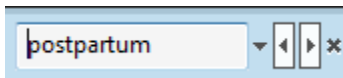
<b>Table of Contents</b>	VII
<b>List of Figures and Tables</b>	XII
<b>Executive Summary</b>	XXI
<b>Introduction</b>	XXVII
<b>Chapter 1 Demographics and Population</b>	1
<b>Chapter 2 Determinants of Health and Lifestyle</b>	11
<b>Chapter 3 Burden of Illness</b>	47
<b>Chapter 4 Public Health</b>	143
<b>Chapter 5 Mental Health</b>	181
<b>Chapter 6 Primary Health Care</b>	223
<b>Chapter 7 Pre-Hospital and Acute Care Services</b>	247
<b>Chapter 8 Aging and Long Term Care</b>	289
<b>References</b>	323
<b>Indicator List</b>	332
<b>Appendices</b>	336
<b>Prairie Mountain Health Planning District Map</b>	359



The Indicator List starting on page 332 provides a list of indicators that are reported on within the Community Health Assessment and provides the specific page number(s) reference for each indicator.

## Searching for specific text within the Community Health Assessment


Holding down the *Ctrl* key and pressing *F* will open the search box:



Type the search word(s) in the box and press the *Enter* key. You will be taken to the next occurrence of that word in the CHA. Clicking on either the left or right arrow next to the search word will take you to the previous or next occurrence of that word.

## Active links within the Community Health Assessment

The Table of Contents and List of Figures and Tables are all active links within the CHA. Clicking on a Table of Contents entry will take you to that section in the document. Clicking on an entry in the List of Figures or List of Tables will take you to that figure or table in the document.

Table 1.4 Métis Population, PMH and PMH Zone .....	7
Table 2.1 Self-Perceived Health by PMH Zone .....	12
 Table 2.2 Median Income of Individuals and Households, Manitoba and PMH, 2013 .....	13
Table 2.3 Lone Parent Families, Manitoba and PMH, 2011 and 2013 .....	19
Table 2.4 Housing Affordability, Manitoba and PMH, 2013 .....	19

Clicking on the text next to the blue arrow will take you here in the CHA:

household income is calculated for all household units in the Census of Canada, whether or not they reported income.

**Table 2.2 Median Income of Individuals and Households, Manitoba and PMH, 2013**  
Median income for residents aged 15 and older (individual and household units)

	PMH	Manitoba
Individual	\$ 27,190	\$ 29,029
Household	\$ 50,830	\$ 57,299

Source: Statistics Canada Census, 2013

For 2013, the average household income for residents in Prairie Mountain region (\$ 50,830) was 12% lower than the provincial average (\$ 57,299). There was less difference (6.5%) in the average individual income for the region when compared to the province (Census 2013). Data were not available at the PMH zone or district level.