

2022

COMMUNITY

Health Assessment Survey



Southern Shore Results Summary

Respondents



228

16.1% of randomly selected individuals completed the survey

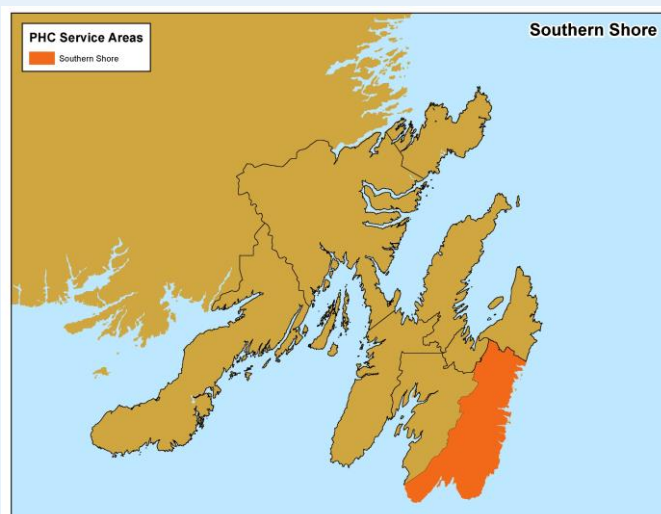
Gender



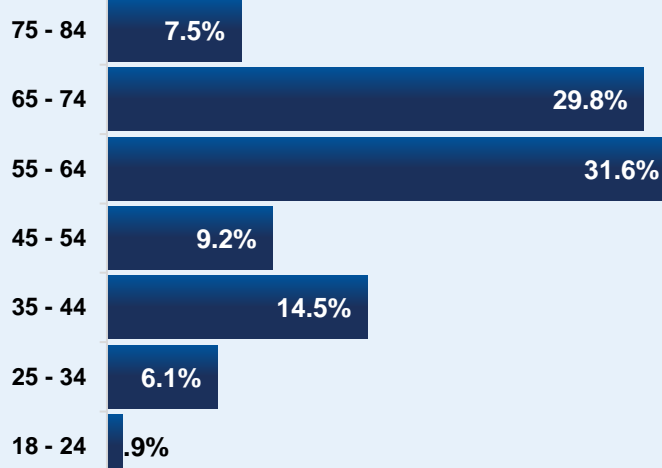
Male **38.2%**

Female **61.4%**

Community Areas



Age Group

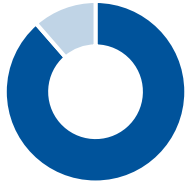


PRIMARY CARE PROVIDER



Family/Primary Care Physician or Nurse Practitioner

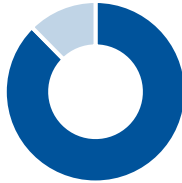
ACCESS



88.6%

have a regular family doctor or nurse practitioner

SATISFACTION



87.6%

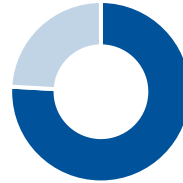
satisfied or very satisfied with their family doctor or nurse practitioner

HEALTH CARE



Health Care System and Continuum of Services

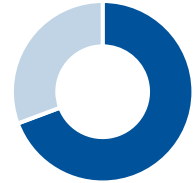
ACCESS



75.9%

have been able to access health-care services, when required

SATISFACTION



69.3%

satisfied or very satisfied with the health-care services received

COMMUNITY HEALTH AND WELLNESS



Top reported community concerns:

| | | |
|---|--------------------------------------|--------------|
| 1 | Cost of living | 69.3% |
| 2 | Emergency services | 53.9% |
| 3 | Road quality | 43.4% |
| 4 | Mental health of community residents | 39.9% |
| 5 | Distracted driving of any vehicle | 39.0% |

HEALTH CARE PLANNING



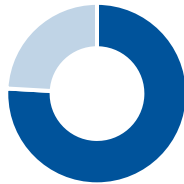
Top reported areas Eastern Health should focus on to improve health care and service delivery:

| | | |
|---|--|--------------|
| 1 | Primary Health Care | 72.4% |
| 2 | Emergency Services | 68.4% |
| 3 | Mental Health and Addictions | 61.8% |
| 4 | Specialists | 50.4% |
| 5 | Recruitment/retention of staff | 43.4% |
| 6 | Appointments (scheduling, notifications) | 41.2% |

HEALTH STATUS



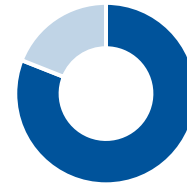
Physical Health



75.9%

said their physical health was excellent, very good, or good

Mental Health



81.1%

said their mental health was excellent, very good, or good

Top three reported changes required to improve health:

- 1 Eat healthier/eat more fruits and vegetables **61.0%**
- 2 Start/increase exercise, sports or physical activity **52.2%**
- 3 Reduce stress **40.4%**

Top three reported barriers to change:

- 1 Not enough time available **25.6%**
- 2 Cost is too high **25.6%**
- 3 Community resources/supports are not available **21.5%**

To review the full regional and area reports, please visit: <https://www.easternhealth.ca/your-say/> (**link to be confirmed)

