

2022

# COMMUNITY

## Health Assessment Survey



### St. Mary's Results Summary

#### Respondents



**187**

14.9% of randomly selected individuals completed the survey

#### Gender

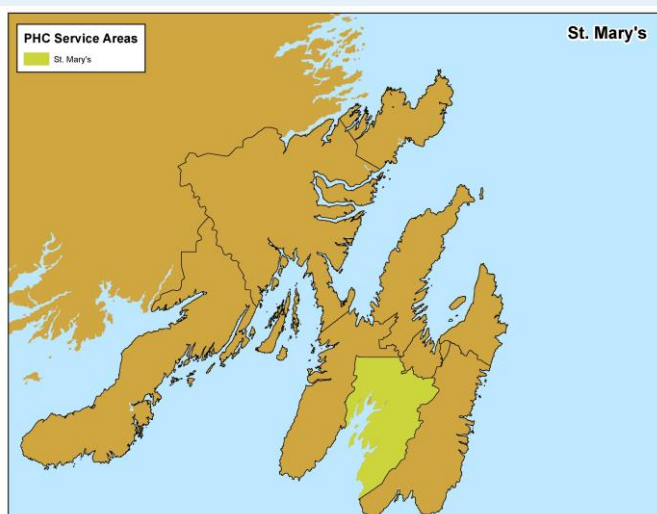


Male **36.4%**

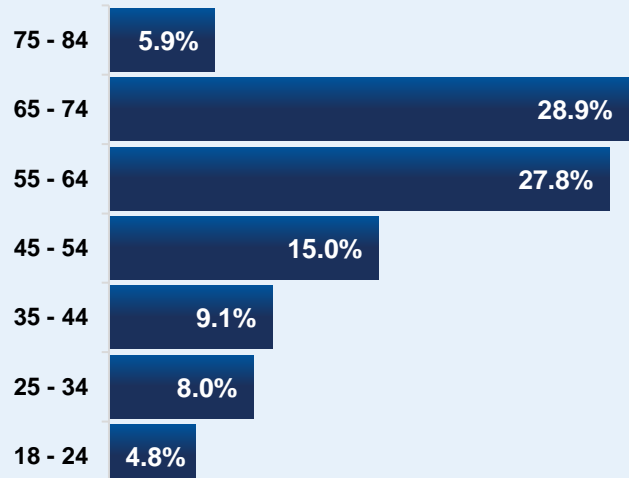
Female **62.6%**

Other **1.1%**

#### Community Areas



#### Age Group

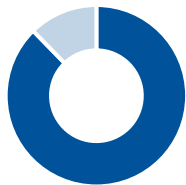


## PRIMARY CARE PROVIDER



### Family/Primary Care Physician or Nurse Practitioner

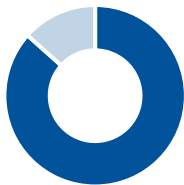
ACCESS



**87.7%**

have a regular family doctor or nurse practitioner

SATISFACTION



**86.6%**

satisfied or very satisfied with their family doctor or nurse practitioner

## HEALTH CARE



### Health Care System and Continuum of Services

ACCESS



**66.8%**

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

SATISFACTION



**65.2%**

satisfied or very satisfied with the health-care services received

## COMMUNITY HEALTH AND WELLNESS



### Top reported community concerns:

1	Cost of living	<b>66.3%</b>
2	Road quality	<b>59.9%</b>
3	Emergency services	<b>42.8%</b>
4	Chronic diseases	<b>36.9%</b>
5	Drug/alcohol impaired driving of any vehicle	<b>32.6%</b>

## HEALTH CARE PLANNING



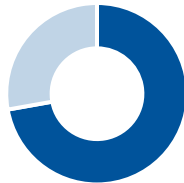
### Top reported areas Eastern Health should focus on to improve health care and service delivery:

1	Primary Health Care	<b>71.7%</b>
2	Emergency Services	<b>58.3%</b>
3	Appointments (scheduling, notifications)	<b>50.8%</b>
4	Mental Health and Addictions	<b>48.7%</b>
5	Specialists	<b>41.2%</b>
6	Senior's care/Home and Community Supports	<b>34.8%</b>

# HEALTH STATUS



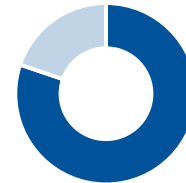
## Physical Health



**72.2%**

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

## Mental Health



**80.2%**

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 **58.3%**
- 2 Start/increase exercise, sports or physical activity **56.7%**
- 3 Reduce stress / get more sleep **35.3%**

### Top three reported barriers to change:

- 1 Community resources/supports are not available **40.6%**
- 2 Not enough time available **26.5%**
- 3 Cost is too high **25.9%**

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

