



Health Neighbourhoods



Durham Region Health Profile

June 2022

The Region of Durham is situated in the highly developed and populated economic centre of Ontario's Golden Horseshoe which stretches from Oshawa to Niagara Falls. Durham Region lies immediately to the east of the City of Toronto within the Greater Toronto Area and encompasses an area of approximately 2,590 square kilometres (1,000 square miles). The area is characterized by a variety of landscapes and communities. A series of major lakeshore urban communities contrast with a variety of small towns, villages, hamlets and farms which lie immediately inland. There are eight municipalities in Durham Region: Pickering, Ajax, Whitby, Oshawa, Clarington, Scugog, Uxbridge and Brock.

Stats at a Glance:

Population (2016)	639,495
Population Growth (2011 to 2016)	5.2%
Number of Live Births (2018)	6,318
Percentage of Seniors in the Population (2016)	13.8%
Percentage of Foreign Born (2016)	23.6%
Median After-Tax Household Income (2015)	\$77,398

Socio-Demographics	Years	Durham Region	Ontario	Compared to Ontario
Demographics				
Aboriginal population	2016	2.0%	2.8%	LOWER
Female lone-parent families	2016	14.5%	13.7%	similar
Foreign-born population (immigrants)	2016	23.6%	29.1%	similar
Home language not English	2016	7.0%	16.5%	LOWER
Non-English speakers (cannot hold a conversation in English)	2016	0.9%	2.7%	LOWER
Recent newcomers (immigrated between 2006 and 2016)	2016	3.8%	7.1%	LOWER
Seniors living alone	2016	20.4%	23.5%	similar
Visible minorities	2016	27.1%	29.3%	similar
Housing				
Major dwelling repairs needed - plumbing, electrical, structural	2016	4.8%	6.1%	LOWER
Moved in past year	2016	10.3%	12.4%	similar
Not suitable housing - do not have required number of bedrooms	2016	4.1%	6.0%	LOWER
Renters	2016	18.8%	30.2%	LOWER
Shelter costs that are 30% or more of household income	2016	25.1%	27.7%	similar
Population				
Population aged 0-4	2016	5.5%	5.3%	similar
Population aged 0-14	2016	18.1%	16.6%	similar
Population aged 5-9	2016	6.2%	5.7%	similar
Population aged 10-14	2016	6.4%	5.7%	similar
Population aged 15-19	2016	6.7%	6.1%	similar
Population aged 20-24	2016	6.7%	6.7%	similar
Population aged 25-29	2016	5.9%	6.6%	similar
Population aged 30-39	2016	12.6%	12.8%	similar
Population aged 40-49	2016	14.1%	13.6%	similar
Population aged 50-59	2016	16.1%	15.3%	similar
Population aged 60-64	2016	5.9%	6.3%	similar
Population aged 65+	2016	13.8%	16.0%	similar
Population density - people per square kilometre	2016	251.8	14.6	HIGHER
5-year population growth rate between 2011 and 2016	2016	5.2%	3.0%	HIGHER
Socio-economic status				
Children under age 6 in low income households	2016	13.3%	19.7%	LOWER
Low income - individuals living in low-income households	2016	9.7%	14.4%	LOWER
Median after-tax household income	2016	\$77,398	\$65,285	similar
Postsecondary education in ages 25-64	2016	64.1%	65.1%	similar
Seniors in low income households	2016	8.1%	12.1%	LOWER
Unemployment rate in ages 15+	2016	8.0%	7.4%	similar



Child Health	Years	Durham Region	Ontario	Compared to Ontario
ACE-like Risk Factors (Adverse Childhood Experiences)				
Experienced one or more ACE-like risk factors	2013-2015	22.6%	NA	-
	2016-2018	23.3%	NA	-
Maternal mental illness	2013-2015	13.5%	NA	-
	2016-2018	14.8%	NA	-
Maternal smoking or substance use	2013-2015	12.0%	NA	-
	2016-2018	12.0%	NA	-
Births				
Births to older mothers aged 35+	2013-2015	22.4%	22.9%	similar
	2016-2018	23.8%	24.5%	similar
Births to young mothers aged 23 or younger	2013-2015	12.3%	13.4%	LOWER
	2016-2018	10.4%	11.3%	LOWER
Large-for-gestational age (LGA)	2013-2015	11.4%	9.9%	HIGHER
	2016-2018	10.8%	9.5%	HIGHER
Live birth rate per 1,000	2016	9.8	10.1	similar
Preterm births in singletons	2013-2015	8.0%	7.8%	similar
	2016-2018	7.8%	8.0%	similar
Small-for-gestational age (SGA)	2013-2015	8.4%	9.4%	LOWER
	2016-2018	9.0%	9.6%	LOWER
Teen pregnancy rate per 1,000	2010-2012	25.5	24.7	similar
	2015-2017	13.3	14.8	LOWER
Breastfeeding				
Breastfeeding for 6 months or more	2007-2012	53%	NA	-
	2013-2017	64%	NA	-
Early breastfeeding	2014-2017	91.1%	91.6%	LOWER
Early exclusive breastfeeding	2014-2017	62.5%	62.6%	similar



Child Health	Years	Durham Region	Ontario	Compared to Ontario
School Readiness in Senior Kindergarten Children				
Vulnerable in communication skills and general knowledge	2012	10.0%	11.5%	LOWER
	2015	9.0%	10.2%	LOWER
	2018	10.5%	10.0%	similar
Vulnerable in emotional maturity	2012	11.4%	10.1%	HIGHER
	2015	12.3%	12.3%	similar
	2018	12.6%	11.3%	similar
Vulnerable in language and cognitive development	2012	6.4%	7.6%	LOWER
	2015	4.9%	6.7%	LOWER
	2018	6.4%	7.5%	LOWER
Vulnerable in physical health and well-being	2012	17.2%	14.2%	HIGHER
	2015	17.9%	16.1%	HIGHER
	2018	18.2%	16.3%	HIGHER
Vulnerable in social competence	2012	10.4%	9.1%	HIGHER
	2015	10.8%	10.7%	similar
	2018	11.4%	9.9%	HIGHER
Vulnerable in one or more EDI domains	2012	28.9%	27.6%	HIGHER
	2015	29.7%	29.4%	similar
	2018	31.0%	29.6%	HIGHER
Well-Baby Visits				
18-month well-baby visit by age two	2010-2012	47.5%	44.5%	HIGHER
	2013-2015	56.5%	54.4%	HIGHER



General Health	Years	Durham Region	Ontario	Compared to Ontario
Chronic Diseases				
Asthma emergency visits per 1,000 in ages 0-14	2010-2012	8.5	8.5	similar
	2015-2017	5.6	6.4	LOWER
Asthma prevalence per 100 in ages 0-14	2013	19.5	15.8	HIGHER
	2016	17.1	14.2	HIGHER
Cardiovascular disease hospitalization per 1,000 in ages 45-64	2010-2012	9.8	10.2	LOWER
	2015-2017	8.9	9.9	LOWER
Diabetes incidence per 100 in ages 20+	2013	7.2	6.9	similar
	2016	6.6	6.7	similar
Diabetes prevalence per 100 in ages 20+	2013	10.4	9.9	HIGHER
	2016	11.0	10.3	HIGHER
Hypertension prevalence per 100 in ages 20+	2013	23.2	21.6	HIGHER
	2016	22.7	21.0	HIGHER
Lung disease (COPD) prevalence per 100 in ages 35+	2013	10.1	9.4	HIGHER
	2016	9.9	9.4	HIGHER
Obesity in ages 18+	2009-2013	20%	NA	-
	2014-2018	23%	NA	-
Health & Longevity				
Life expectancy in females	2009-2013	84.5	84.5	similar
	2014-2018	83.0	83.0	similar
Life expectancy in males	2009-2013	80.1	80.0	similar
	2014-2018	79.7	79.7	similar
Premature mortality before age 75 per 10,000 in females	2012-2016	10.4	10.4	similar
Premature mortality before age 75 per 10,000 in males	2012-2016	14.7	15.6	LOWER
Self-rated health as excellent or very good in ages 18+	2009-2013	60%	NA	-
	2014-2018	56%	NA	-
Infectious Diseases				
Chlamydia incidence per 1,000 in females ages 15-24	2010-2012	17.2	17.7	similar
	2015-2017	18.4	18.7	similar
Enteric diseases incidence per 100,000	2010-2012	64.4	79.8	LOWER
	2015-2017	68.1	78.2	LOWER
Hepatitis C incidence per 100,000	2009-2013	27.9	73.0	LOWER
	2014-2018	24.5	60.7	LOWER
Latent Tuberculosis (TB) Infection incidence per 100,000	2009-2013	33.3	75.2	LOWER
	2014-2018	44.8	60.7	LOWER



General Health	Years	Durham Region	Ontario	Compared to Ontario
Injury - Emergency Department Visits				
Assaults per 1,000 in ages 10-24	2010-2012	5.6	6.5	LOWER
	2015-2017	4.1	4.9	LOWER
Falls per 1,000 in ages 0-4	2010-2012	55.3	53.7	similar
	2015-2017	53.0	56.4	LOWER
Falls per 1,000 in ages 65+	2010-2012	56.9	57.1	similar
	2015-2017	59.8	65.0	LOWER
Motor vehicle collisions per 1,000 in ages 15-24	2010-2012	9.6	8.7	HIGHER
	2015-2017	9.2	8.7	similar
Sports injuries per 1,000 in ages 10-14	2010-2012	50.3	47.0	HIGHER
	2015-2017	52.8	46.0	HIGHER
Mental Health & Addictions (MHA)				
MHA doctor visits per 100 in ages 0-24	2013	23.2	23.5	LOWER
	2016	24.4	26.0	LOWER
MHA emergency visits per 1,000 in ages 0-24	2013	18.1	15.4	HIGHER
	2016	18.9	19.0	similar
Self-harm emergency visits per 10,000 in ages 10-24	2010-2012	20.5	20.7	similar
	2015-2017	33.3	33.9	similar
Self-rated mental health as excellent or very good in ages 18+	2014-2018	69%	NA	-
Health Behaviours & Risks				
	Years	Durham Region	Ontario	Compared to Ontario
Active Transportation			GTHA	
Trips to school that are walk or cycle in ages 11-17	2011	33%	32%	similar
	2016	33%	31%	HIGHER
Trips to work that are walk, cycle or transit in ages 18+	2011	13%	25%	LOWER
	2016	12%	27%	LOWER
Ambulance Calls				
Non-urgent ambulance call percentage	2012-2014	25.9%	NA	-
	2015-2017	27.8%	NA	-
Non-urgent ambulance call percentage in ages 65+	2012-2014	25.7%	NA	-
	2015-2017	28.3%	NA	-
Residence ambulance calls per 100	2012-2014	3.0	NA	-
	2015-2017	3.4	NA	-
Residence ambulance calls per 100 in ages 65+	2012-2014	12.0	NA	-
	2015-2017	13.3	NA	-



Health Behaviours & Risks	Years	Durham Region	Ontario	Compared to Ontario
Cancer Screening				
Breast cancer screening (mammography) in females ages 52-74	2013	63.1	61.2	HIGHER
	2016	63.4	61.6	HIGHER
Cervical cancer screening (Pap tests) in females ages 23-69	2013	69.3	65.0	HIGHER
	2016	65.2	62.9	HIGHER
Overdue for colorectal cancer screening in ages 50-74	2013	43.3	53.8	LOWER
	2016	47.6	56.9	LOWER
Immunization				
Hepatitis B immunization in Grade 7s	2018/ 2019	77%	NA	-
	2019/ 2020	18%	NA	-
HPV immunization in Grade 7s	2018/ 2019	70%	NA	-
	2019/ 2020	1%	NA	-
Meningococcal disease immunization in Grade 7s	2018/ 2019	92%	NA	-
	2019/ 2020	87%	NA	-
School-required immunizations in ages 7-8	2018/ 2019	93%	NA	-
	2019/ 2020	92%	NA	-
School-required immunizations in ages 16-17	2018/ 2019	90%	NA	-
	2019/ 2020	95%	NA	-
Police-Reported Incidents				
Domestic incidents per 10,000	2012-2014	19.9	NA	-
	2015-2017	22.4	NA	-
Domestic incidents with children present per 10,000	2012-2014	4.1	NA	-
	2015-2017	4.6	NA	-
Smoking				
Smoking in ages 18+	2009-2013	18%	NA	-
	2014-2018	14%	NA	-

Notes:

For Socio-demographic indicators, “**LOWER**” refers to at least 20% lower than Ontario and “**HIGHER**” refers to at least 20% higher. For all other indicators, “**LOWER**” or “**HIGHER**” means that the 95% confidence intervals do not overlap and that Durham Region is significantly different from Ontario. Similar means that Durham Region is not statistically different from Ontario.

When **LOWER** or **HIGHER** is in **blue**, the indicator is neutral or complex in terms of health with no clear one directional association with health. **Green** indicates that Durham Region is doing better in terms of health than Ontario and **red** indicates it is worse.

NA = Data Not Available

GTHA = Greater Toronto and Hamilton Area



Durham Health Connection Line | 905-668-2020 or 1-800-841-2729

durham.ca/neighbourhoods

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

