



LONDON'S
VitalSigns

Be Healthy

#WhatLdnCanBe

Be Healthy

A Note About the Data

Taking our community's pulse is a collaborative effort and we rely on a number of community partners for insight and local data. Mindful of our theme of belonging, we wanted to ensure a range of diverse voices and experiences were represented in this report. With the Foundation's commitment to reconciliation, the plan for this Vital Signs report included more information about the Indigenous population living in the city. Unfortunately, not as much local and recent data was available as we had hoped. We are committed to working with all of our partners to increase access to this important information and are aiming to publish additional material on this topic in the coming months.

Physical Health

Obesity Rate (%) of the Population 18 and over

In **London** (Middlesex-London Health Unit) the obesity rates for the population aged 18 years and over was 23.9% in 2015-2016. In 2015-2016, the obesity rates for London were 2.3 percentage points lower than the **provincial** rate (26.2%) and 2.4 percentage points lower than the **Canadian** rate (26.3%).*

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	17.9	20.1	19.2	20.8	23.9
Ontario	17	18	18.3	19.2	26.2
Canada	17	18	18.3	19.5	26.3

*(Statistics Canada)

Self-Reported Overweight and Obesity Rate (%) for Youth (aged 12-17)

In London (Middlesex-London Health Unit), the rate for youth, ages 12 to 17, who reported they were overweight or obese was 19% in 2015-2016. This rate has decreased by 10.9 percentage points since it was 29.9% in 2007-2008, the highest rate since that time. The rate in London is 6.7 percentage points below the provincial rate (24.7) and 5.7 percentage points lower than the Canadian rate (25.7%) in 2015-2016.*

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	29.9	19.4	21	20.9	19
Ontario	20.1	20.5	21.1	22.8	24.7
Canada	19	19.9	21.1	21.9	25.7

*(Statistics Canada)

Smoking Rate (%) for Current Smokers Ages 12 and Over

Smoking rates for the population age 12 years and over in **London** (London-Middlesex Health Unit) were 15.3% in 2015-2016. This was a 7.5 percentage point difference from the rate of 22.8% in 2007-2008. In 2015-2016, the London smoking rate was 1.4 percentage points lower than the provincial rate (16.7%) and 2.1 percentage points lower than the national rate (17.4%).*

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	20	20	19	15.9	16.7
Ontario	20.3	18.9	19.2	17.7	16.7
Canada	21.7	20.4	20.1	18.7	17.4

*(Statistics Canada)

Heavy Drinking (%) Population aged 12+

Heavy drinking is determined as consumption of 5 or more drinks on one occasion at least once a month in the last year for men, and 4 or more drinks on one occasion at least once a month in the last year for women. In London (Middlesex-London Health Unit), 21.5% of the population 12 and over were considered heavy drinkers in 2015-2016. This was 5.5 percentage points higher than 2013-2014 (16%). The heavy drinking rate in London was 3.3 percentage points higher than the provincial rate (18.2%) and 2.4 percentage points higher than the national rate (19.1%) in 2015-2016.*

Region	2013-2014	2015-2016
London	16	21.5
Ontario	16.7	18.2
Canada	18.4	19.1

*(Statistics Canada)

Proportion of the Population (%) 12+ without a Regular Medical Doctor

In 2015-2016, the proportion of the population 12 years and over without a regular medical doctor was 12.9% in London (Middlesex-London Health Unit). This was a 1.6 percentage point increase from the 2007-2008 rate of 11.3% and the highest rate since that time. The proportion of the population without a medical doctor in London, was 2.8 percentage points higher than the provincial rate (10.1%) and 3.5 percentage points lower than the Canadian rate (16.4%).*

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	11.3	9.9 (L-M)	12.9 (L-M)	8.3	12.9
Ontario	9.2	8.9	8.9	8.2	10.1
Canada	15.4	15.2	15.1	15.2	16.4

*(Statistics Canada)

Life Expectancy

Region	2006-2008	2007-2009	2008-2010	2009-2011	2010-2012	2011-2013	2012-2014
Canada	80.7	80.8	81.1	81.4	81.6	81.7	81.8
Ontario	81.1	81.2	81.5	81.7	82.0	82.2	82.3
London (Middlesex-London Health Unit)	81.0	81.0	82.0	81.4	81.7	81.9	81.9

*(Statistics Canada)

Cost (\$) of a Nutritious Food Basket (London, CITY)

Group	2011	2015
Family of 4 (Monthly)	\$736.70	\$860.67
Family of 4 (Weekly)	\$170.14	n.a.
Single Man (Monthly)	\$197.97	\$290.09
Single Woman (Monthly)	\$151.15	n.a.

*(London Poverty Research Centre)

Mental Health

Self-Rated Mental Health (%) for the Population 12 and over (very good or excellent)

In London (Middlesex-London Health Unit), 68.4% of the population years 12 and over, perceived their mental health as being very good or excellent in 2015-2016. This rate has decreased by 3.9 percentage points since the rate of 72.3% in 2007-2008. The highest rate in Windsor was 75.3% in 2011-2012. Very good to excellent mental health in London is currently 2.7 percentage points lower than the provincial rate (71.7%) and 3.2 percentage points lower than the national rate (71.6%).*

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	72.3	74.4	75.3	67.4	68.4
Ontario	74.6	74.3	72.4	70.7	71.1
Canada	74.6	73.9	72.2	71.1	71.6

*(Statistics Canada)

Self-Rated Mental Health (%) for the Population 12 -17 years old (very good or excellent)

In London (Middlesex-London Health Unit), percent of the population years 12 – 17, 87.7% of youth perceived their mental health as being very good or excellent in 2015-2016. This was 10.1 percentage points higher than 77.6% in 2007-2008. In London, this rate was 11.1 percentage

points higher than the **Ontario** rate (76.6%) and was 10.1 percentage points higher than the **Canadian** rate (77.6%).*

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	77.6	75.3	83.9	74.2	87.7
Ontario	76.9	76.1	77.5	73.4	76.6
Canada	78.1	76.3	77.2	74.6	77.6

*(Statistics Canada)

Self-Rated Mental Health (%) for the Population 65+ (very good or excellent)

In **London** (Middlesex-London Health Unit), 72.7% of seniors perceived their mental health as being very good or excellent in 2015-2016. This was 0.5 percentage points above the rate in 2007-2008 (72.2%). In London, this rate was 2.8 percentage points higher than the **Ontario** rate (69.9%) and was 2.3 percentage points higher than the **Canadian** rate (70.4%).

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	72.2	77.5	77.6	71.6	72.7
Ontario	69.8	71	70	67.8	69.9
Canada	69.4	69.9	68.9	68.6	70.4

*(Statistics Canada)

Perceived Life Stress for the Population 15+ (quite a lot)

In London (Middlesex-London Health Unit), the percentage of the population aged 15 and over, who reported that most days in their life were quite a lot or extremely stressful was 21.6% in 2015-2016. The rate in 2015-2016 was 0.2 percentage points lower than the rate of 21.8% in 2007-2008. The rate was at its highest at 22.7% in 2009-2010. London's rate was 0.4 percentage points below the Ontario rate (22%) and was 0.1 percentage points above the national rate (21.5%).*

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	21.8	22.7	20.9	21.5	21.6
Ontario	22.2	24	22.8	22.9	22
Canada	22.4	23.4	23.2	23	21.5

*(Statistics Canada)

Life Satisfaction for the Population 12+ (Satisfied or Very Satisfied)

In 2015-2016, the percent of the population 12 years and over who reported they were satisfied or very satisfied with their life was 93.5% in London (Middlesex-London Health Unit). This rate has increased since the rate of 90.8% in 2007-2008 by 2.7 percentage points. In London, this rate was 0.9 percentage points above the provincial rate (92.6%) and 0.6 percentage points above the national rate (92.9%).*

Region	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016
London	90.8	91.1	93.8	92.3	93.5
Ontario	90.7	91.5	91.8	90.9	92.6
Canada	91.6	92.1	92.3	92	92.9

*(Statistics Canada)

Addictions & Substance Abuse

- Addiction Services Thames Valley (ADSTV) reports the most common problem substances (can include multiple substance addictions) in London as:*
 - Alcohol – 46%
 - Opiates – 21%
 - Cannabis – 16%
 - Methamphetamine – 15%
 - Cocaine – 15%
 - Crack – 6%
- ADSTV also reports that in 2017, the age group most commonly served is between 25-34 (31%), followed by 35-44 (20%). The age group least commonly served is 65+ (3%).*
- 31% of individuals who accessed ADSTV in 2017 were unemployed and seeking employment.*
- ADSTV reports that in Middlesex County in 2017, 20% of clients identified as being mandated to attend addiction treatments.*
- Between 2015/2016, there were 2219 active clients at ADSTV in London.*
- Out of all locations, ADSTV reports that in 2015/2016, 59% of clients were male, while 41% were female.*
- 2017-2018*
 - 2839 clients served overall (1702 males and 1128 females, 9 others)
 - Problems/concerns with alcohol represented 47%, followed by opiates at 21%

*(Addiction Services Thames Valley)

Mental Health and Children

- Children in need are experiencing long wait times for mental health support. Children in London can wait anywhere from 8 months, up to 2 years, for counselling and psychotherapy support.*
- Mental health affects 10-20% of children and youth worldwide.*
- In Ontario specifically, nearly 20% of children and youth experience a mental illness at any given time.*
- In 2014, children and youth in Ontario had over 1.35 million outpatient doctor visits for mental health and addictions. This demonstrated a 25% increase from 2006.*
- Between 2006 and 2014, there was a 40% increase in children and youth who visited a psychiatrist.*
- The age group with the highest rates of mental illness and addictions visits between 2012 and 2014 was 22-24.*

- Ontario has seen nearly a double in the rise of emergency department visits for anxiety:
 - 2006: 3.3 visits/1000 children and youth
 - 2014: 6.1 visits/1000 children and youth
- Anxiety disorders are the most common reason for emergency department visits
- Between 2006 and 2014 there was a large increase in the number of emergency department visits and hospitalizations for both mental health and addictions (from 11.6 to 17.7).*
- Children and youth living in Ontario neighbourhoods with lower incomes had higher rates of emergency department visits/hospitalizations.*
- Refugees and non-immigrants had similar rates of emergency department visits and hospitalizations, whereas immigrants had lower rates. Due to the fact that recent immigrants tend to be healthier than the native born population.*
- The lower rates of mental health related visits may be due to the stigma that surrounds mental health within certain immigrant groups.*
- Below are the rates for emergency department as the first contact for mental health and addictions care:
 - Refugees – 51.7%
 - Immigrants – 48.9%
 - Non-immigrants – 42.1%
- In 2012 (last year with available data), there were 6.2 suicide deaths / 100,000 children and youth in Ontario.*
- There was no dramatic change in the suicide rate for children and youth between 2006 and 2011, but it has increased ever since 2011.*
- In Ontario in 2015-2016, over 121,000 children and youth accessed services from community-based mental health agencies:
 - 47% female and 52% male
- Children and youth in Ontario are often added to wait lists to access certain services following their initial visit (Ministry of Children and Youth Services):
 - Crisis services – 2 days
 - Brief services – 35 days
 - Counselling/therapy services – 78 days
 - Intensive treatment services – 98 days

*The Mental Health of Children and Youth in Ontario 2017 Scorecard

Crisis Response

At ANOVA the number of crisis and support line calls doubled from 2016-2017.

Crisis and Support line calls:

April 2016 – March 2017 = 5,501*

April 2017 – March 2018 = 10,128*

*ANOVA

Mental Health Occurrences – London Police Service (LPS)

- The number of mental health occurrences continues to increase, and has gone up by 44% since 2012*
- In 2017, the London Police used mental health services in 24% of all mental health occurrences*
- The overall number of LPS mental health related occurrences decreased in 2017 from 2016 by 142 occurrences. The decrease in mental health occurrences has continued to decrease, as in 2015 there were 2,771 mental health occurrences, compared to 2,503 in 2017.*
- The Mental Health Crisis Centre opened in January 2016, which could be one explanation for the decrease in mental health related calls.*
- The LPS responses and resources required to respond to mental health occurrences remained consistent from 2016 to 2017. *
- In 2017:*

 - There were 2,503 mental health occurrences in total
 - Average call time for these occurrences – 4.28 hours
 - There were 520 mental health adult apprehensions which represented 20% of all mental health occurrences
 - Average call time for these occurrences – 7.16 hours
 - There were 78 mental health youth apprehensions which represented only 3% of all mental health occurrences
 - Average call time - 6.88 hours
 - There were 180 mental health apprehension re-orders which represented 7% of all mental health occurrences
 - Average call time – 4.8 hours
 - LPS transported 152 individuals to the Mental Health Crisis Centre, which represented 6% of all mental health occurrences
 - Average call time – 3.3 hours
 - 440 individuals in crisis were transferred to the Mobile Response Team (MRT) with no further involvement from LPS, these cases represented 17.5% of all mental health occurrences
 - Average call time – 4.1 hours
 - 156 individuals in crisis were voluntarily transported to LHSC by LSP, which represented 6% of all mental health occurrences
 - Average call time – 3.68 hours
 - 507 individuals in crisis were voluntarily transported to LHSC by EMS, which represented 20% of all mental health occurrences
 - Average call time – 2.25 hours
 - 298 individuals in crisis were provided advice only, with no other involvement from LPS, this represented 12% of all mental health crisis calls
 - Average call time – 2.95 hours
 - LPS utilized community mental health services (MRT and/or Crisis Centre) in 24% of all mental health occurrences

Mental Health Occurrences	2012	2013	2014	2015	2016	2017
Total #	1743	2423	2650	2771	2645	2503
Average Time Spent	6.68 hours	5.1 hours	4.7 hours	4.1 hours	4.2 hours	4.28 hours

*(London Police Service)

London Police Service / Mobile Response Team (MRT) & Crisis Center

- The MRT was established in 2013 and between 2014 to 2017 LPS called the MRT for assistance an average of 765 times a year.*
- In 2014 and 2015 the Mobile Team was able to respond to 95% and 89% of the calls from LPS, however in 2016 and 2017 respectively, the team was only able to respond to 70% and 71% of calls.*

Mental Health Occurrences	2012	2013	2014	2015	2016	2017
Total #	1743	2423	2650	2771	2645	2503
Average Time Spent	6.68 hours	5.1 hours	4.7 hours	4.1 hours	4.2 hours	4.28 hours

*(London Police Service)