

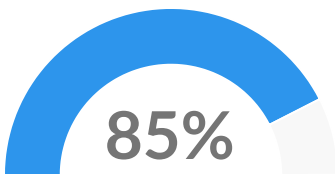
## HUMBER VALLEY / WHITE BAY HEALTH NEIGHBOURHOOD REPORT

### Primary Care Provider

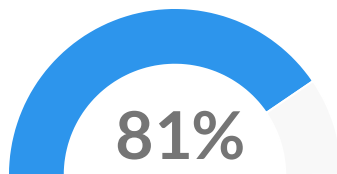
Family/Primary Care Physician or Nurse Practitioner

ACCESS

SATISFACTION



Majority (85%) of respondents indicated they had a family/primary care physician or nurse practitioner



Majority (81%) of respondents were satisfied or very satisfied with services received from their primary care provider

#### TOP REASONS 9% OF RESPONDENTS WERE DISSATISFIED WITH PROVIDER:

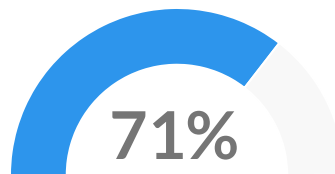
1. Long wait list for appointment
2. Difficult to contact
3. Lack trust/confidence in provider
4. Wait time at appointment too long

### Health Services

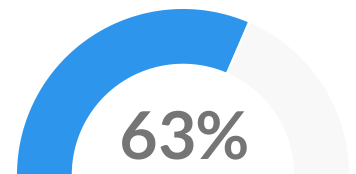
Health care system and continuum of services

ACCESS

SATISFACTION



Majority (71%) of respondents indicated they were able to access required health services

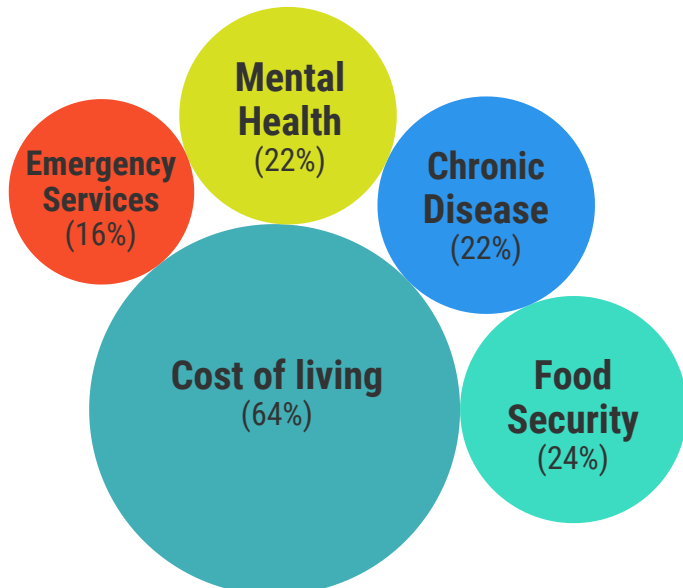


Majority (63%) of respondents indicated they were satisfied or very satisfied with the health care services received

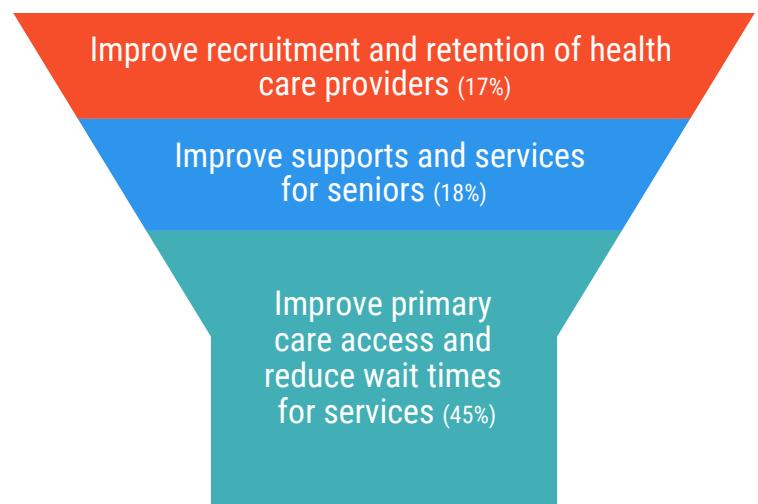
#### TOP REASONS 29% OF RESPONDENTS WERE NOT ABLE TO ACCESS SERVICES:

1. Wait times too long
2. Unable to get a referral
3. Hours of service not accessible
4. Too far to travel

#### TOP FIVE COMMUNITY CONCERNS:



#### TOP THREE WAYS TO IMPROVE CARE AND SERVICES:

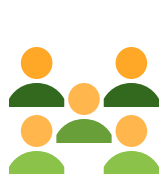


## HUMBER VALLEY / WHITE BAY HEALTH NEIGHBOURHOOD REPORT


**204**   
**RESPONDENTS**



MAJORITY FROM  
**PASADENA**



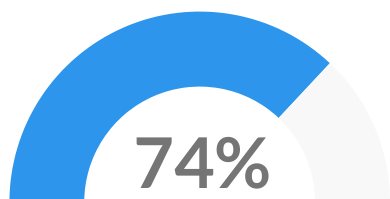
**59%** Female  
**39%** Male  
**1%** Another Gender

**31%**   
IN THE **65-74**  
**AGE GROUP**



**79%** **HIGH SCHOOL EDUCATION OR HIGHER**

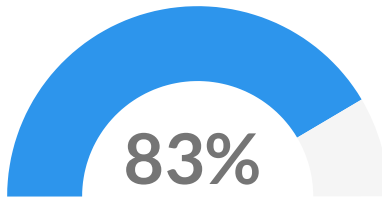
### HEALTH INFORMATION



#### FAMILY DOCTOR / NURSE PRACTITIONER

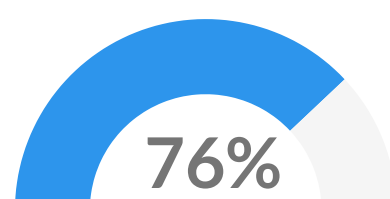
Majority (74%) of respondents go to their family doctor or nurse practitioner when looking for health-related information

### PHYSICAL AND MENTAL HEALTH STATUS



#### MENTAL HEALTH

Majority (83%) of respondents reported their mental health was good, very good, or excellent



#### PHYSICAL HEALTH

Majority (76%) of respondents reported their physical health was good, very good, or excellent

### TOP THREE CHANGES TO IMPROVE HEALTH:

1. Healthy eating (54%)
2. Physical activity (49%)
3. Reduce stress (33%)

### TOP THREE BARRIERS TO CHANGE:

1. Cost too high (29%)
2. Not enough time (28%)
3. Resources or supports not available (15%)