

Healthy Aging in Place



**Environmental Scan
Young, Saskatchewan**

June 2013



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT

The Saskatchewan Population Health and Evaluation Research Unit (www.spheru.ca) is a multidisciplinary research unit affiliated with the University of Saskatchewan and the University of Regina. SPHERU engages in population health research, which is the study of social factors that contribute to the well-being of various groups within a population.

Utilizing the social determinants of health, SPHERU takes action to address social inequities. SPHERU's focus is on population health intervention research where we examine the influence of changes to policies, programs or other actions on the determinants of health. SPHERU is committed to conducting leading edge policy-relevant research, done in collaboration with policy makers and communities across Saskatchewan, Canada.

Our population health researchers come from a range of disciplines and have conducted research throughout Saskatchewan. Our research is conducted at our offices in Regina (University of Regina), Saskatoon (University of Saskatchewan) and at the Prince Albert Campus of University of Regina.



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Background to the Study

This research is part of the *Healthy Aging in Place* (Jeffery, et al., 2011) project, which was initiated in 2010 by the Saskatchewan Population Health and Evaluation Research Unit (SPHERU). *Healthy Aging in Place* is a longitudinal study that examines the supports and barriers of healthy aging for rural and northern Aboriginal and non-Aboriginal seniors. The research currently focuses on the rural communities of Watrous, Wolseley, and Young and the northern community of Île-à-la-Crosse, Saskatchewan.

Canada's population is aging rapidly, and the number of older adults is expected to increase exponentially over the next few decades. In the 1920s and 1930s, seniors accounted for only 5% of the Canadian population but by 2005 this proportion increased to 13.1% (Turcotte & Schellenberg, 2006). In 2036, the senior population of Canada is expected to reach 24.5% of the total population; currently 22.6% of seniors are living in rural areas (Turcotte & Schellenberg, 2006).

Aboriginal populations are also experiencing increasing trends towards aging as life expectancy has been increasing and as fertility rates have been decreasing (Statistics Canada, 2003a; Wilson, Rosenberg, & Abonyi, 2011). Between 2001 and 2006 there was a 43% increase in the number of Aboriginal adults aged 65 years and older (Statistics Canada, 2008). Aboriginal seniors aged 65 years and older are projected to more than double between 2001 and 2017 to almost 7% of the total Aboriginal population. Currently Aboriginal seniors make up less than 5% of the overall Aboriginal population (Statistics Canada, 2003b).

In Canada, Saskatchewan has the highest rate of centenarians born in 1911 or earlier compared to other provinces at 320 individuals or 0.03% of the total population (Statistics Canada, 2012a). It is important to note that older adults living in remote and northern communities experience unique health challenges compared to older adults residing in urban communities.

The information in this report is guided by a population health approach which recognizes that a range of factors influence healthy aging. These include, for example, socioeconomic status, social support, physical environment, access to services, health practices and coping skills, gender, and culture (PHAC, 2011).

Background to the Study

Gender plays a significant role in health outcomes in rural communities. Recent studies indicate that in comparison to urban seniors and rural senior women, rural senior men are often disadvantaged in terms of having shorter life expectancies (DesMeules & Pong, 2006) higher suicide rates (Alston, 2012; Australian Bureau of Statistics, 2001), higher injury rates (Amshoff & Reed, 2005), experience poorer health (Australian Institute of Health and Welfare, 2010), allow illness to progress longer, and take fewer preventative measures (Denner, 2009). Elderly rural women report an increased prevalence of arthritis/rheumatism, hypertension (Statistics Canada, 1999), diabetes (DesMeules & Pong, 2006), and skin cancer (Brown, Young, & Byles, 1999) compared to elderly urban women.

Women often play an important role in supporting the healthy aging of seniors, especially in terms of **caregiving**. In Canada, it is estimated that 70% of all caregivers are female (Bedard, Koivuranla, & Stuckey, 2004). In rural areas, it is estimated that informal caregivers provide 80-90% of care for seniors (Fast, Keating, Otfinowski, & Derksen, 2004). Even with a network of friends and family, the care of an elder is usually undertaken by one person, most often a female family

member (Armstrong, et al., 2003; Fast, et al., 2004) who is a daughter (Bedard, et al., 2004). Previous reports indicate that Aboriginal people aged 50 years or older have higher overall care requirements when compared to the general Canadian population and often rely more on informal care provisions to address their health concerns (Buchignani & Armstrong-Esther, 1994; Wilson, et al., 2011). Older Aboriginal women are more likely than Aboriginal men and non-Aboriginal older adults to provide care for another senior as well as for two or more children (Wilson, et al., 2011). Many of these Aboriginal caregivers spend more than 30 hours on unpaid childcare when compared with non-Aboriginal caregivers (Wilson, et al., 2011).

There are a number of social aspects of peoples' lives that can influence their health including housing and income (Halfon, Larson, & Russ, 2010). Rural seniors often experience challenges in terms of adequate **housing** in comparison to urban seniors (CMHC, 2003). In addition, Aboriginal people were much more likely to live in dwellings requiring major repair in comparison to non-Aboriginal populations (Statistics Canada, 2003b).

Background to the Study

Lower levels of **income** can impact healthy eating, it can influence access to uninsured health care and also play a role in self-reported health status (Statistics Canada, 1999). The Public Health Agency of Canada (2004) reported that seniors in the very poor income group are more likely to report fair or poor health compared to those in a high income group. Aboriginal people living in Canada experience lower employment rates and higher unemployment rates than non-Aboriginals (Smylie, 2008; Statistics Canada, 2003b) both of which further influence health and health outcomes.

Education is also an influence on health as it can affect subsequent levels of employment and income (National Rural Health Alliance, 2011) and further influence health and health outcomes across the lifespan and into older adulthood (Prus, 2007). Food security and access to affordable health promotion programming are all affected by education, employment and income (Halfon, et al., 2010).

Objectives

The objectives of the environmental scan include:

- 1) provide baseline information on service, resource and program availability for seniors;
- 2) assess current aging demographic trends;
- 3) contribute to understanding the healthy aging strengths, challenges and needs for rural and northern Aboriginal and non-Aboriginal seniors.

Executive Summary

The *Healthy Aging in Place: Young Environmental Scan* provides an overview of the demographic profile, services and supports available to seniors living in the rural village of Young, Saskatchewan, Canada. More specifically, the goal of this environmental scan is to help identify the existing supports and service gaps for older adults living within the community.

This environmental scan is part of a larger study being conducted by SPHERU entitled, *Healthy Aging in Place: Improving Rural and Northern Aboriginal and Non-Aboriginal Seniors' Health through Policy and Community-level Interventions*. The study looks at the family, community and policy supports that enable rural and northern seniors to remain within their homes and communities to age. Through interviews and consultations, this study is being conducted over three years to track the changing health needs of seniors over the aging process.

Data in this environmental scan was compiled from the Saskatchewan Ministry of Health, Statistics Canada Census information, and other available information sources such as the village of Young website. Where possible, information was included from the 2011 Statistics Canada census, however, not all community specific census data was available during the preparation of this report. Ministry of Health (2012) data was used in addition to census data as it provides population information about individuals who have registered health cards in the community of Young.

Key Findings

- Since 2006, Young's population has increased by 28% which is considerably higher than the provincial growth of 8.7%
- Young's percentage of seniors (18%) is higher than the provincial percentage (14%)
- The percentage of homes in need of major repairs is higher than for the province
- The Young household income was lower compared to provincial household income
- Overall, men earn a higher income than women but the wage gap is lower than for the province
- More than one-third of Young residents reported providing unpaid care for seniors
- Overall, Young residents have completed a lower level of education than for the province
- A similar percentage of Young residents have completed apprenticeship or trades education as for the province

Introduction to Young

Village of Young

There are approximately 400 people residing in the village of Young (Ministry of Health, 2012). In 1910, Young was incorporated and was named after a land agent, F.G. Young (Village of Young, 2008). Young has a diverse economic base including agriculture, livestock and potash. The Mosaic Potash mine is located near Young and employs a number of residents (Village of Young, 2008).

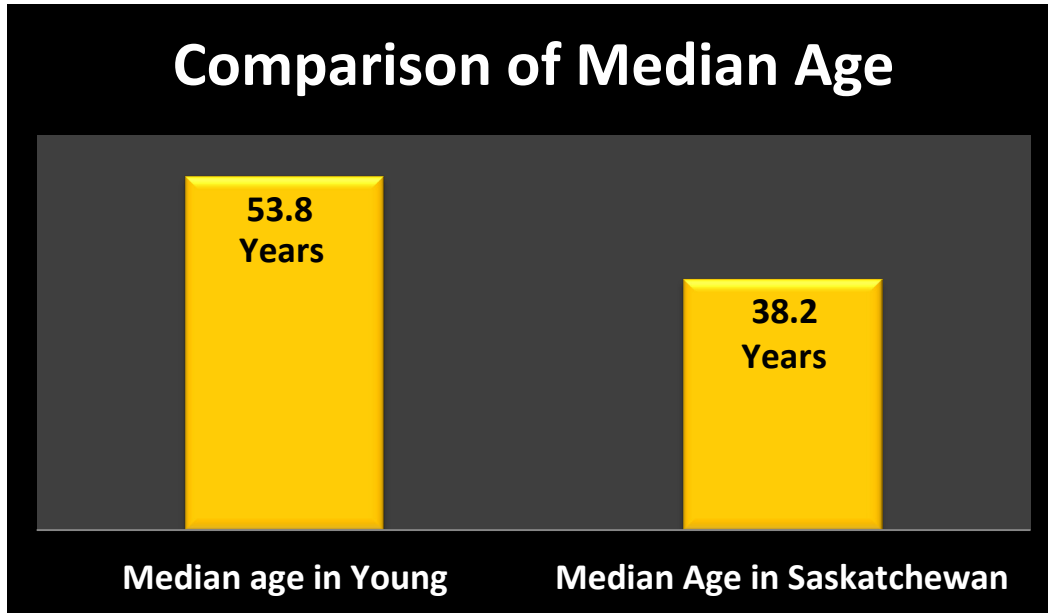
Location and Geography

Young is situated in the rural municipality of Morris (R.M. of Morris), which spans 847.16 square kilometers of land (Statistics Canada, 2012b). The village itself covers 2.51 square kilometers of land (Statistics Canada, 2012c).

Distance to Travel from Young to Other Centres

Saskatoon	95 km
Watrous	23 km
Regina	198 km
Humboldt	92 km
Zelma	14.4 km

Demographic Overview



Population Overview

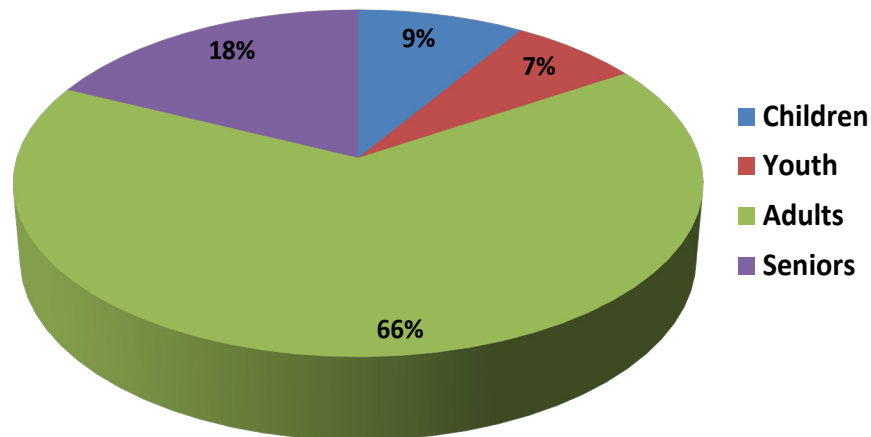
Young has approximately 400 residents (Ministry of Health, 2012). The number of residents in Young has increased by about 28% compared to the population in 2006, which was 312 (Ministry of Health, 2006). This growth is considerably more than the 8.7% increase in the overall Saskatchewan population from 2006 to 2012. The community's population density is 95.2 people per square kilometer (Statistics Canada, 2012c).

Age

Approximately 84% of the population in Young are adults and seniors which is considerably higher than 74% for the provincial population (Ministry of Health, 2012). The median age in Young is 53.8 years which is about 15 years older than the provincial median age of 38.2 years (Statistics Canada, 2012c).

Demographic Overview

Residents of Young



Children (0-14 years)

About one-tenth of the population are children age 0-14. Children make up 9% of the total population in Young, which is less than the proportion of children in 2006 (14%) (Ministry of Health, 2012, 2006). This is considerably lower than the population of Saskatchewan children age 0-14 (19%).

Youth (15-19 years)

Youth (age 15-19) represent 7% of the total community's population (Ministry of Health, 2012). This age group has remained about the same from 2006 (Ministry of Health, 2006). This is comparable to the proportion of youth (7%) in the overall Saskatchewan population. When children and youth populations are combined, they account for approximately 16% of the total population in Young (Ministry of Health, 2012).

Demographic Overview

Adults (20-65 years)

Two-thirds (66%) of the community's population is comprised of adults between the ages of 20 and 64; higher than the 60% of the Saskatchewan population in this age category. This is an increase from 2006 where adults made up 60% of the Young population (Ministry of Health, 2012, 2006).

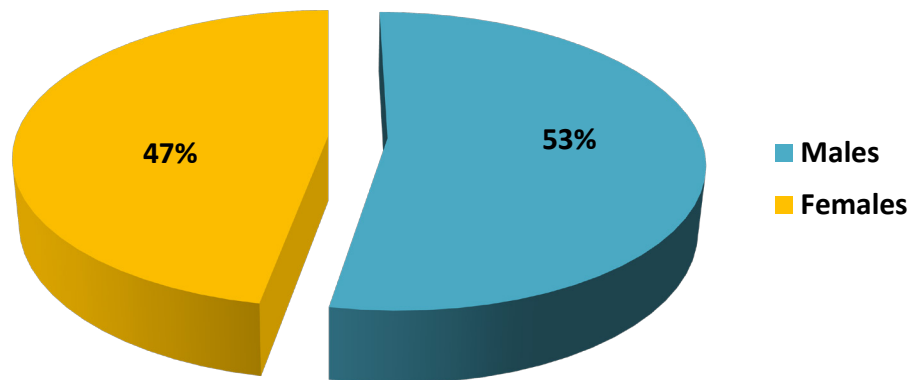
Seniors (65 years and over)

Seniors account for approximately 18% of the community's total population (Ministry of Health, 2012), which is the same as the proportion of seniors in 2006 (Ministry of Health, 2006). The percentage of seniors living in Young is somewhat higher than the provincial percentage for this age category (14%).

In 2012, the dependency ratio for Young was 51% which is a considerable decline from the 65% dependency ratio in 2006. The 2012 ratio is considerably lower than the 67% dependency ratio for the province overall. This is a crude measure of the percentage of the child, youth and senior population that is most likely to be socially or economically dependent on the working age population (aged 20 to 64). A higher dependency ratio may put additional demands on the health and other support services in the community and therefore may influence availability and accessibility of these services (Irvine, Quinn, & Stockdale, 2011).

Demographic Overview

Young Population by Gender



Gender

There are more males than females in Young; males represent 53% of the total population and females make up 47% of the population (Ministry of Health, 2012). This has changed slightly from 2006 when approximately 51% of the total population was male and 49% of the total population was female (Ministry of Health, 2006).

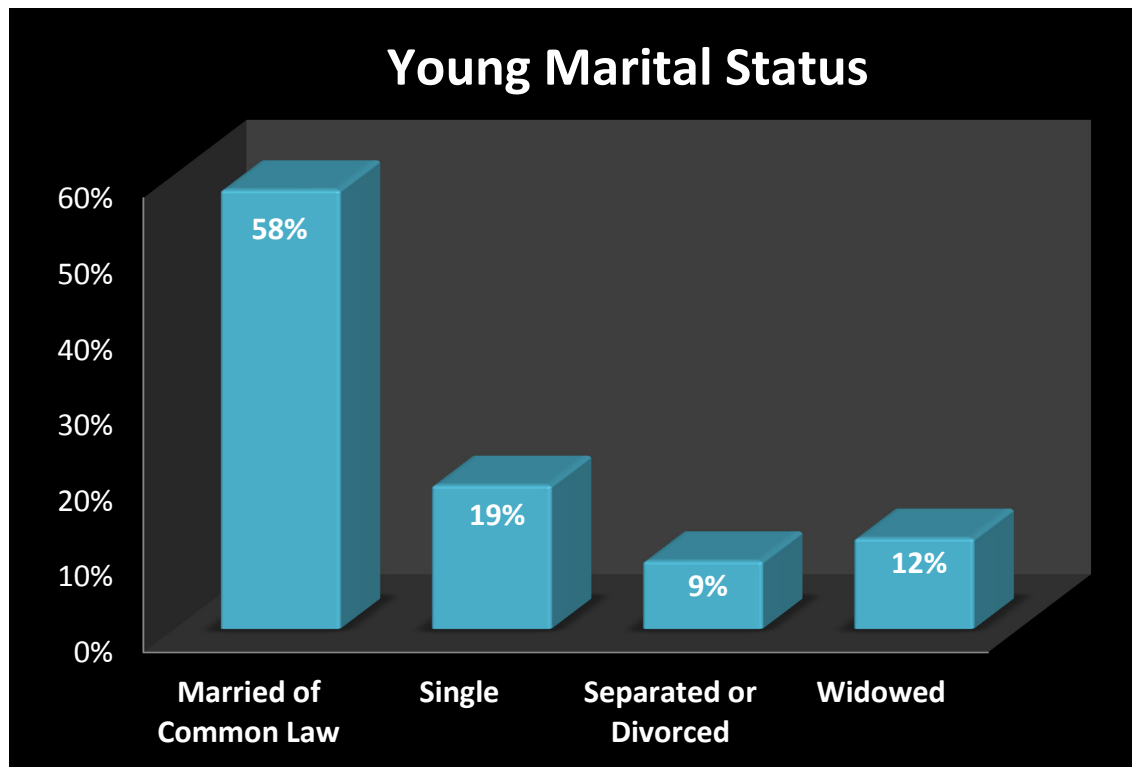
In Young, the number of male and female children (ages 0-14) is about the same. There are slightly more male than female youth (ages 15-19) and more male than female adults. The number of male and female seniors is about the same as the population in Young ages (Ministry of Health, 2012).

Overall, women and men in Young are about the same age, a situation somewhat different than the provincial distribution. The median age for women living in Young is about 53 years compared to the provincial median age of 39 years. For men in Young the median age is also about 53 years old compared to 37 years old for the province as a whole (Statistics Canada, 2012c).

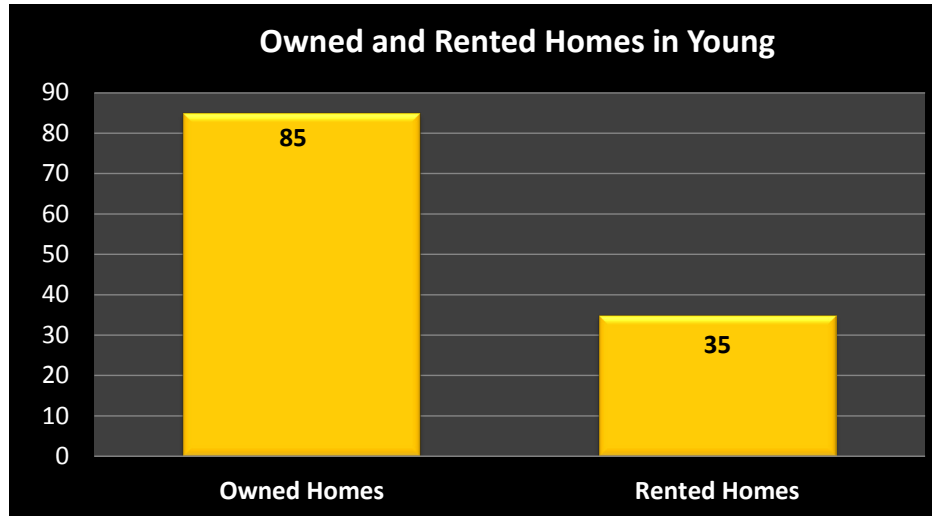
Demographic Overview

Marital Status

The majority (58%) of those 15 years and older in Young are married or living common law; the same percentage as the overall Saskatchewan population who are married or living common law (Statistics Canada, 2012c). Those who are single represent 19% of the population compared to the provincial percentage of 28% (Statistics Canada, 2012c). Approximately 9% of Young residents are divorced and 12% are widowed (Statistics Canada, 2012c). The percentage of those who are divorced is slightly higher than for the province (5%) and there is a higher percentage of Young residents who are widowed than in the overall Saskatchewan population (6%).



Housing



Owned and Rented Housing

In 2006, the majority (71%) of total private dwellings in Young were owned (Statistics Canada, 2007). For example, 85 homes were owned and 35 homes were rented in 2006 (Statistics Canada, 2007).

Housing Types

In 2011, single detached homes made up the majority of housing in Young representing approximately 69% of occupied private dwellings (Statistics Canada, 2012c). Young residents were less likely to live in the following types of housing: semi-detached house (10%), other dwelling (10%), movable dwelling (7%), and apartment buildings with less than five storeys (3%) (Statistics Canada, 2012c).

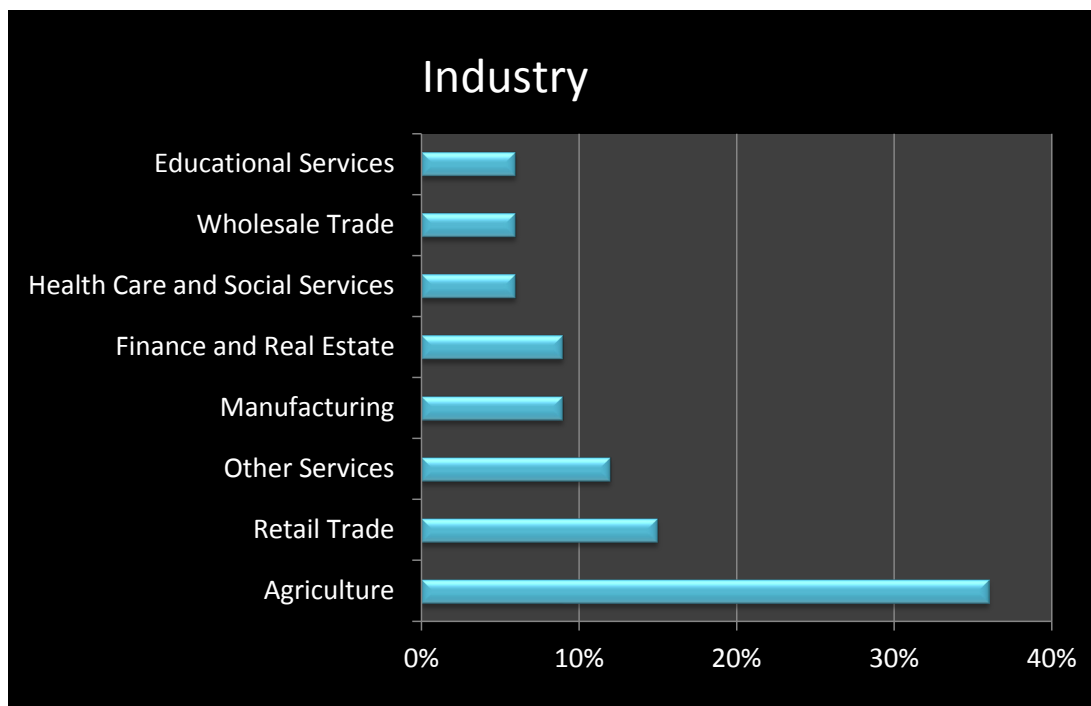
Housing Characteristics

A large portion of housing in Young is at least a quarter century old (Statistics Canada, 2007). Approximately 105 houses in Young were built before 1986 in contrast to the 20 houses built between 1986 and 2006 (Statistics Canada, 2007). In Young, about 25% of dwellings required major repairs; a considerably higher percentage than the 10.5% of provincial homes in need of major repairs (Statistics Canada, 2007).

Employment

Industry

In 2006, slightly more than one-third (36%) of the Young labour force 15 years and older worked in agriculture and other resource-based industries. The next largest industries were retail trade (15%) and other services (12%), which includes services related to: repair and maintenance of appliances and vehicles; personal care services; and organizational work that promotes social and political causes (Canadian Industry Statistics, 2011). The next largest industries in Young were manufacturing (9%), finance and real estate (9%), health care and social services (6%), wholesale trade (6%), and educational services (6%) (Statistics Canada, 2007).



Employment

Unpaid Work

The proportion of Young residents over the age of 15 who reported looking after children without pay was less than the Saskatchewan percentage (34% compared to 41%). Those reporting unpaid care or assistance to seniors, however, was twice as high for Young residents than for Saskatchewan residents overall (41% compared to 22%). Women represent at least one-half of those in Young and Saskatchewan overall who reported these unpaid caregiving responsibilities for seniors (50% compared to 58%).

Income

In 2005, the median income for all Young *households* was \$28,236 (Statistics Canada, 2007). This was considerably lower than the provincial median income for all households, which was \$46,705 (Statistics Canada, 2007).

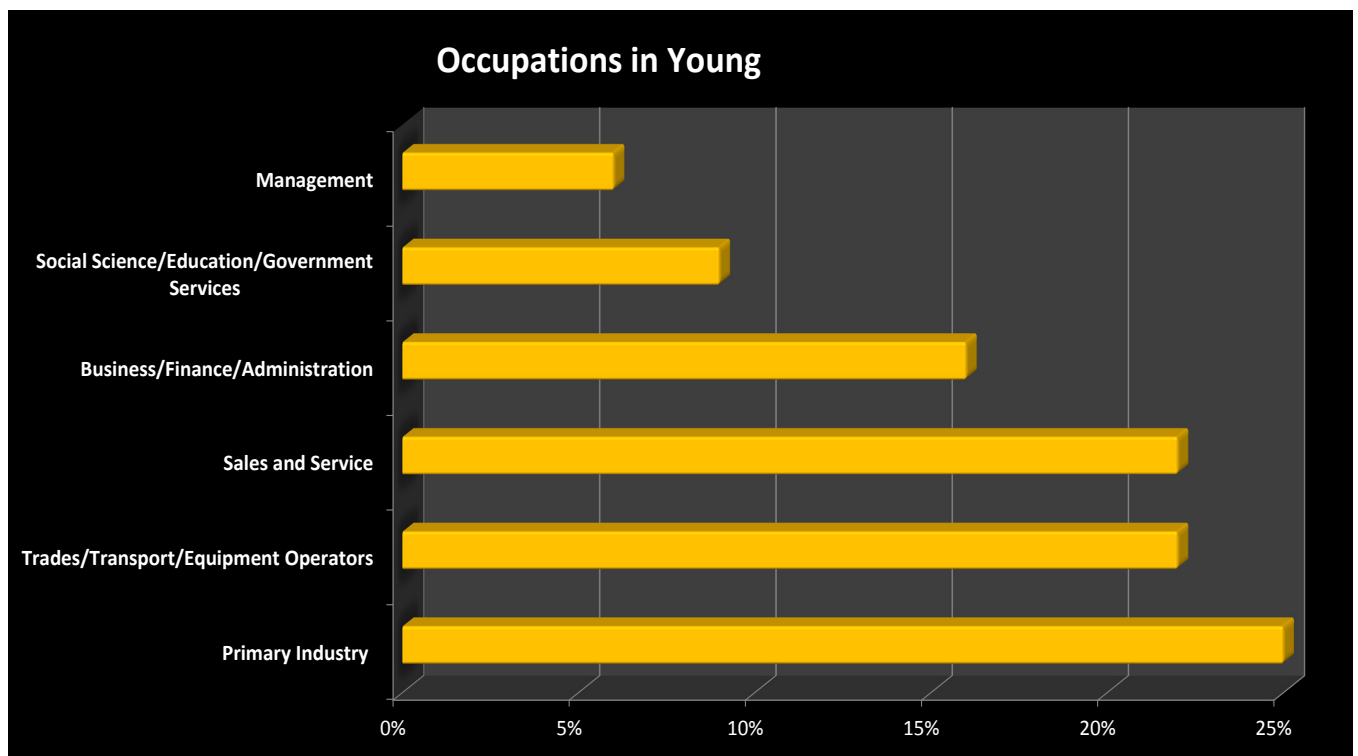
In 2005, couple households without children had the largest median income in Young at \$55,918 and couple households with children had the second largest median income at \$49,093 (Statistics Canada, 2007). One person households had the lowest median income in Young at \$15,912 (Statistics Canada, 2007); lower than the Saskatchewan median income of \$23,122. Median incomes for couple households without and with children in Young were considerably lower than their comparable provincial median incomes (\$57,994 and \$76,494 for Saskatchewan respectively) (Statistics Canada, 2007).

The median income for all *persons* over the age of 15 in Young is less than the provincial median income (\$17,253 compared to \$23,755). There are differences, however, in the median incomes for women and men. Men living in Young earned a median income of \$21,621 which is about 40% higher than the \$15,405 median income earned by women. For Saskatchewan overall, the median income for men is \$29,589; approximately 49% higher than the \$19,873 median income for women (Statistics Canada, 2007).

Employment

Occupations

In 2006, the largest occupation in Young was related to primary industry, which made up about 25% of all occupations in the village (Statistics Canada, 2007). The next largest occupations in the community included trades, transport and equipment operators (22%), sales and service (22%), business, finances and administration (16%), social science, education and government services (9%), and management (6%) (Statistics Canada, 2007).



Education

Educational Attainment

years and older had completed some level of education which is lower than the provincial percentage of 70% (Statistics Canada, 2007). About one-quarter (23%) of Young residents had completed high school or equivalent education, 9% had trades or apprenticeship education, and 12% had college or non-university diploma education (Statistics Canada, 2007). A smaller percentage of individuals (5%) had completed university level education below a bachelor level (Statistics Canada, 2007). Young has a slightly smaller percentage of those with high school education and trades and apprenticeship education as compared to the provincial population (27% and 11% for Saskatchewan respectively).

More than one-third of Young residents between the ages of 35 and 64 had completed high school education (39%). Other completed educational levels included: apprenticeship, trade or diploma (17%) and college certificate or non-university diploma (13%) (Statistics Canada, 2007).

In 2006, approximately one-half (49%) of Young residents 15

Overall, there were more females than males who had completed some level of education (Statistics Canada, 2007). A larger number of females than males had completed high school education, college certificate or non-university diploma, and university certificate or degree below the bachelor level (Statistics Canada, 2007). Males slightly outnumbered females in apprenticeship or trades education (Statistics Canada, 2007).

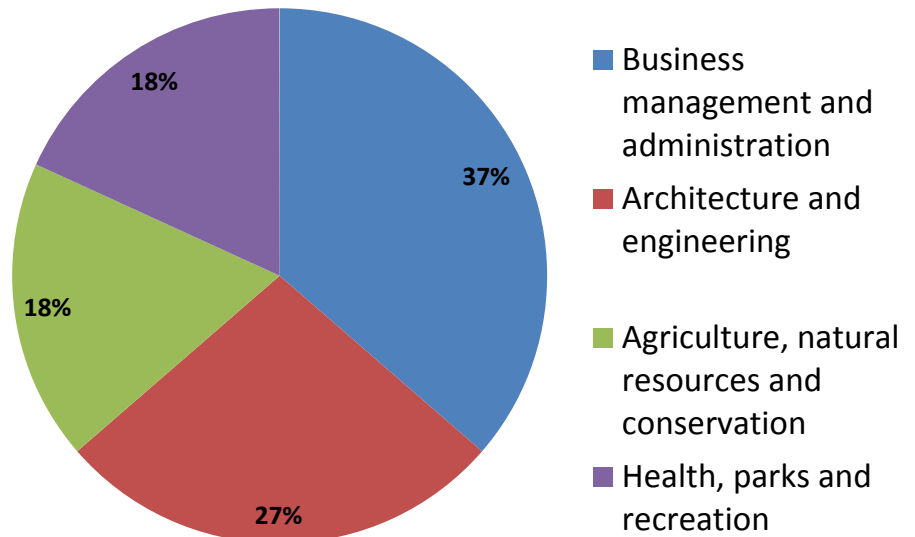
More females than males between the ages of 35 and 64 years had completed high school education and a college certificate or non-university diploma (Statistics Canada, 2007).

Education

Areas of Post Secondary Education

In 2006, about one-quarter (26%) of Young residents had completed post-secondary education; in comparison to the Saskatchewan proportion of 43% (Statistics Canada, 2007). Of those who had completed this level of education the major area of studies included: business management and administration (36%), architecture and engineering (27%), agriculture, natural resources and conservation (18%), and health, parks and recreation (18%) (Statistics Canada, 2007).

Areas of Education



Schools



Young is home to the McClellan School which provides education for grades K-12. The school has a computer room, home economics, photography shop, art program and gymnasium (Village of Young, 2008). During the evening and weekends, the school provides a venue for hosting different community events such as a pop/folk singer, songwriter presentation (Horizon School Division #205, 2009).

Healthcare

Saskatoon Health Region

The Saskatoon Health Region (SHR) serves approximately 30% of Saskatchewan's population and

provides services to various communities including urban, rural, and First Nations communities

(Saskatoon Health Region, 2013). Young is one of the communities served by SHR (SHR, 2013). The region covers 34,120 square kilometers and serves approximately 318,000 people in the area (SHR, 2013).



SHR includes more than 75 health facilities, including: 10 hospitals; 29 long term care facilities; primary health care centres; public health centers; and mental health and addiction centers (SHR, 2013). The health region is the largest employer in the province and is a major site for health research and training (SHR, 2013).

Health Services

Residents are able to access various health services located in the nearby town of Watrous. Watrous has a medical clinic and a hospital. The hospital provides

outpatient services to the community's residents which include: lab and x-ray services; dressing changes; public health; addiction services; and home care (SHR, 2013). The Village of Young is serviced by the Watrous Ambulance which includes two ambulances (Village of Young, 2008).

Seniors' Housing

Seniors' housing is managed by the Young Housing Authority. There are 5 duplexes and 10 suites for seniors living in Young. The living accommodation provides yard

maintenance such as snow removal and grass cutting. The housing is geared towards seniors who are able to live independently as there are no meal services, common space, or formal check-in services available.

Leisure Time

Parks

Young is home to a community playground (Village of Young, 2008) and a park. The park is a community-based initiative and is located on Main Street. During the summer months, community members organize coffee in the park for all ages.

Recreation, Sports & Fitness

There are sport and fitness facilities available in Young. The village has an arena, golf, curling rink, swimming pool, gym horseback riding, ball diamonds, outdoor tennis, and basketball courts (Village of Young, 2008). The local schools also offer sports activities for children and youth in Young (Horizon School Division #205, 2009).

Arts & Culture

Arts and cultural attractions in Young include: the Young Drama Club; the Young School of Dance; and the Wheatland Regional Library (Village of Young, 2008). During the summer months, residents enjoy the nearby healing waters of Little Manitou Lake, the “Big Rock” (Glacial Erratic), and fishing at Zelma Reservoir (Village of Young, 2008).



Lifestyle



Community Organizations

Young has various community groups and organizations. Community clubs cover a range of interests for all ages such as: swimming; curling; horseback riding; skating; and golfing (Village of Young, 2008). Young is home to two churches including the Christ Lutheran Church/Young United Church, and the St. Patrick's Roman Catholic Church (Horizon School Division #205, 2009).

Community Services

Community services available in Young include: a volunteer fire department; R.C.M.P. services; Young Housing Authority; municipal services; and Canada Post (Village of Young, 2008). In addition to these services, residents are also able to access services in Watrous which include: the Watrous Ambulance; various activities; and numerous health services (Town of Watrous, 2007).

Seniors' Centre

Young has seniors' drop in centre for older adults in the area. Activities at the seniors' centre include card games, coffee, social interaction and other forms of entertainment. During the winter, the centre organizes an annual senior winter games with different activities such as shuffleboard and cribbage.

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Appendices

Table 1a
Young Population by Age Category
2006 & 2012

Age Category	2006	2012
0-14	43	35
15-19	25	28
20-64	189	265
65+	55	72
TOTAL	312	400

Source: Saskatchewan Ministry of Health (2012). *Covered population 2012*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2012>; Saskatchewan Ministry of Health (2006). *Covered population 2006*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2006>

Table 1b
Young Population by Gender and Age Category
2006 & 2012

Age Category	2006		2012	
	Males	Females	Males	Females
0-14	19	24	16	19
15-19	14	11	16	12
20-64	100	89	146	119
65+	25	30	35	37
TOTAL	158	154	213	187

Source: Saskatchewan Ministry of Health (2012). *Covered population 2012*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2012>; Saskatchewan Ministry of Health (2006). *Covered population 2006*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2006>

Table 2a
Saskatchewan Population by Age Category
2006 & 2012

Age Category	2006	2012
0-14	192,365	207,098
15-19	77,716	72,803
20-64	585,490	653,810
65+	147,660	157,239
TOTAL	1,003,231	1,090,950

Source: Saskatchewan Ministry of Health (2012). *Covered population 2012*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2012>; Saskatchewan Ministry of Health (2006). *Covered population 2006*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2006>

Table 2b
Saskatchewan Population by Gender and Age Category
2006 & 2012

Age Category	2006		2012	
	Males	Females	Males	Females
0-14	98,332	94,033	105,712	101,386
15-19	39,849	37,867	37,331	35,472
20-64	294,852	290,638	331,671	322,139
65+	64,341	83,319	70,477	86,762
TOTAL	497,374	505,857	545,191	545,759

Source: Saskatchewan Ministry of Health (2012). *Covered population 2012*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2012>; Saskatchewan Ministry of Health (2006). *Covered population 2006*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2006>