Interesting Facts about the
Hamilton Niagara Haldimand Brant LHIN

Demographic profile:

- As of 2005, the HNHB LHIN was home to over 1.3 M people, the third largest population of all LHIN regions in Ontario.

- Hamilton Niagara Haldimand Brant LHIN area represents 11% of the provincial population and is spread across 20 census subdivisions (CSD). 38% of the LHIN population resides in Hamilton, 32% in Niagara, 12% in Burlington, 10% in the Brant county and Brantford and 8% in Haldimand and Norfolk.

- The LHIN area is home to over 200,000 seniors aged 65+; it is the largest number of seniors of all 14 LHIN populations in Ontario. 29% of seniors aged 65+ live alone in the LHIN area, higher than the provincial average of 27%. The lack of social support among the elderly contributes to poor health status and the need for formal and institutional care.

- Aboriginal status is also a marker of potential health care needs. Average household income and average life expectancy at birth are lower for aboriginal populations than for Canada as a whole. The LHIN area has an Aboriginal population of approximately 25,000 living on and off reserve. There are two reserves within Hamilton Niagara Haldimand Brant, Six Nations and Mississaugas of the New Credit.

- There are just over 28,000 Francophones residing in the HNHB LHIN area. Francophones in 'designated areas' are guaranteed the right to receive services, including health services, in French.

Socio-economic Indicators:

- While LHIN-wide rates of unemployment are lower than Ontario rates, these rates vary considerably within the LHIIN. Brantford has the highest rates of unemployment in the LHIN and Hamilton the highest incidence of low income families. In contrast, Niagara-on-the-Lake has the lowest rates of unemployment and low income families.

- Higher levels of education are linked to better health outcomes due to better knowledge of risk factors and the health care system. The HNHB LHIN area has a higher proportion of the population with less than a high school education and a lower proportion with a university degree compared to provincial average.

Health Status Indicators:

- Unhealthy diet, lack of physical activity, smoking, substance abuse and poor health prevention practices are known to be related to increased risk of chronic disease.

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