

York Region women having children later in life: Study

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causes of injury, and are, in fact, the leading cause of death in the 10-19 year old age group.

Hospital discharge data for 1992 shows that respiratory disease represented almost half (47 per cent) of hospital stays in the 1-9 and 10-19 year age groups, with asthma being the most predominant respiratory diagnosis in the 1-9 year age group.

While there is awareness of proper lifestyle behaviours can have a positive influence on health, in practice, use of this knowledge is poor. In York Region, similar to Ontario, only 44 per cent of men and 35 per cent of women participated in regular physical activity.

Less than one-quarter of York Region residents met dietary recommendations for fat, carbohydrate or fibre intake.

Another interesting finding was that, "in 1993, for the first time, the fertility rate for women in the 30-34 year old age group was higher than that for the 25-29 year old age group," stated Dr. Dean Middleton, epidemiologist for the Region's Health Services Department. "Women in York Region are part of the North American trend to have children later in life."

Also of significance, in considering the mental health of the population, was the finding that more than half (57 per cent) of the population of York Region found life stressful and 18 per cent of families were classified as dysfunctional.

The Health Status Report revealed that unemployment rates for York Region residents were lower and income and education levels were higher than other Ontarians. However, disparity still exists and is demonstrated by the increasing number of food

banks in York Region over the last 10 years. Approximately one new food bank has opened every year in the region since the first was established in 1986.

In 1995, 43,632 food packages

were distributed. Approximately 50 per cent of the recipients were children.

The York Region Health Status Report is a comprehensive source of information which describes,

measures and reports on the overall health of the population, said Jaczek. "The York Region Health Services Department will use the data in this report as a benchmark for a variety of purposes includ-

ing program planning, assessment and evaluation of existing programs," concluded Jaczek.

Copies of the report will be made available for the public in local library branches.



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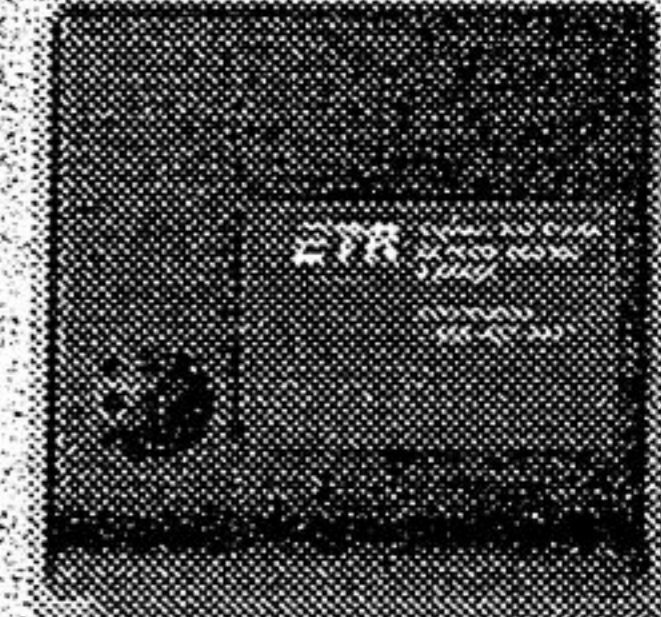
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PAGE 12: Moen Faucets, 63-3827x/3830x. Copy reads: Save 4.00-26.00. Should read: Save up to 26.00.
We sincerely regret any inconvenience we may have caused you.
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