Health Accord
for Newfoundland & Labrador

A 10-year health transformation
A compelling case for change

Health crisis

Substantial demographic change

Sustainability of the current model of health care

Fiscal crisis

Climate change
In 1980, the life expectancy in NL compared to ON differed by one year.

In 1992, there was a divergence in life expectancy in NL compared to ON. Since that time, the gap in life expectancy between NL and ON has continued to increase.

Today, people in NL live 2.4 years less than people in ON.

A 10-year health transformation
Social Determinants of Health matter much more than the Health System.

The majority (60%) of our overall health is determined by social and environmental factors, only 25% is determined by health systems.
Let’s recall how we are reimagining health in Newfoundland and Labrador with a focus on the Social Determinants of Health

Round 4-Animation 1

https://youtu.be/QBKDDYceem8
Put simply, if health has stopped improving it is a sign that society has stopped improving. Evidence from around the world shows that health is a good measure of social and economic progress. When a society is flourishing health tends to flourish.

When a society has large social and economic inequalities there are large inequalities in health. The health of the population is not just a matter of how well the health service is funded and functions, important as that is: health is closely linked to the conditions in which people are born, grow, live, work and age and inequities in power, money and resources — the social determinants of health.

Michael Marmot, 2020
What We Heard

Poverty        Inclusion        Climate Emergency        Childhood

A 10-year health transformation
First, let’s consider what we have learned about poverty in Newfoundland and Labrador

Round 4 - Animation 2

https://youtu.be/j6EYe_GlCTc
Let’s Face the Facts About Poverty and the Economy

1. Poverty = ill health
2. Poverty is very expensive
3. Economic cost of poverty is far greater than the costs associated with 20% of the population marginalized
4. Big public spending on consequences, not causes
5. Child poverty is unjust. Its economic and financial costs last a lifetime
6. Economic Development ~ Healthy Society
There’s overwhelming evidence that spending on programs that alleviate child poverty have huge payoffs.

*Paul Krugman, Nobel Prize for Economics*
Actions for Poverty

- An approach to basic income – predictable, reliable and adequate
- A simplified income support process
- Food security
- Housing security
- A strengthened strategy for poverty reduction
- Engagement with federal government for funding support
Pathway to Inclusion

Round 4 - Animation 3

https://youtu.be/6zvr8c2yHfA
Actions for Inclusion

- Provincial pathway for inclusion – structured in a participatory way
  - “Nothing about us without us”
- Knowledge transfer, including story-telling
- Province-wide anti-racism and inclusion policy
- Accountability mechanisms for health equity at all levels
- Inclusion lens for policies, programs and environments
Climate Emergency

Round 4 - Animation 4

https://youtu.be/ip2-1R5DSHQ
All that we’ve learned can’t be passed on, and it’s gonna end with the next generation. All those good things that kept us healthy and well, and kept us who we are, and kept us grounded, are not going to be available, I don’t think, to our next generation.

An Inuit elder talking about the impact of thinning sea ice in Northern Labrador
Because everybody is hunting in the same areas, because they can’t get where they want to get because of lack of sea ice — a lot of people are coming back with nothing. I was told many years ago that there’s changes happening, but I never, ever dreamt that it would be happening as fast as it is.

A hunter and fisherman from Nain
Actions for Climate Emergency

- Increase awareness of climate emergency throughout NL
- Speed up the implementation of Government’s climate action plan
- Lessen the impact of the move to the green economy through a “Just Transition”
- Respond to the health impacts of adaptations to climate emergency
- Act to reduce the environmental footprint of the health system
Childhood

Round 4 - Animation 5

https://youtu.be/LTy8dlaDk-0
NL Net Out-Migration Both Sexes by Age: 1990–2000 (Total -57,114)

Between 1990 and 2000, more than 57,000 people left our province.

That the equivalent of losing 16 people per day every day for ten years to out-migration.

Of those people who left, 91% (52,000) were less than 35 years old.

A 10-year health transformation
The **Avalon** is the only region of the province that has seen a population increase in the last 30 years.

Overall, NL has seen a **major decrease in population over the last 30 years**.

This loss in population is **most evident in rural and coastal communities**, especially on the **South Coast, Northern Peninsula, Burin and Notre Dame Bay**.
The percentage of our population under the age of 15 has seen a **dramatic decrease over the last 30 years**, especially in rural communities.

Despite an overall increase in population on the Avalon, there has been a **32% decrease** in the number of children under the age of 15.

The most extreme reduction (**70% and higher**) has been in Notre Dame Bay, Burin, the **South Coast** and **Northern Peninsula**.
Rate of Medical Complexity per 100,000 Children and Youth, 2015–2016

Newfoundland and Labrador has the highest rate in Canada of children and youth with multiple health care needs.

This means that 1,000 children in our province have complex health care needs.

The rate of medical complexity in NL is 34% higher than the national average.

Source: CIHI
In January 2020, **985 children were in out-of-home care.**

**100 attended multi-disciplinary clinic**
at the Janeway in 2020 and 2021.

**Of mothers:**
- 57% controlled substance abuse exposure
- 33% major mental illness
- 33% major medical diagnosis

**Of attendees:**
- 51% neonatal complications
- 28% severe behavior problems
- 24% development delay
- 24% neurological diagnosis

A 10-year health transformation
Actions for Childhood

- A strategic plan for health promotion for all children and early intervention
- Universal access to early childhood education
- Integrated school health teams linked to community teams
- One model of community health services for children and youth who have complex health needs
- A more focused response to the unique, complex needs of children and youth in care
Research suggests that widespread use of high-quality Early Childhood Education programs not only benefits children and their parents but also has a sizable positive impact on the overall economy.

The Conference Board of Canada
Over the last 30 years, every region of the province has seen a large increase in the number of seniors.

Labrador has seen a particularly large increase in the number of seniors.

The senior population of our province will continue to increase over the next 20 years.

A 10-year health transformation
Actions for Aging Population

- Educate people to eliminate ageism
- Create new legislation to 1) enshrine the rights of older adults in home care, personal care homes and long-term care facilities; and 2) establish oversight for an integrated, transparent and coordinated approach to quality care – including standards of care
- Establish a provincial Frail Elderly program including certified age-friendly emergency departments
- Integrate the continuum of care that starts in community and goes through to end of life care
Actions for Aging Population

- Increase education requirements and workforce planning for all involved in the care of the elderly
- Broaden provincial Pharmacare coverage
- Increase the number of age friendly communities throughout the province
Actions for Quality Health Care

- Statutory Oversight and Quality Council
- Accountability structures for health and social systems in the community, in addition to those in hospitals
- Learning health and social systems
Actions for Digital Technology

- Virtual care is a reality and likely to benefit this province with its extended geography and high rural: urban population distribution.
- Penetration of broadband 50/10 is currently at 72% of households, estimated to increase to 98% by 2026.
- Province-wide, integrated, health information system.
Since 1980, there has been an extreme divergence in health spending vs. social spending in our province.

The amount of money that NL has put into health care spending has gone up 232%.

During that period of time, the amount of money that NL has put into social spending has not really changed.

A 10-year health transformation
Our Vision

is improved health and health outcomes of Newfoundlanders and Labradorians through:

acceptance of and interventions in social determinants of health,

and a higher quality health system that balances community, hospital, and long-term care services.
For our health, social determinants of health matter much more than the health system. Massive spending on health services has not improved our overall health. If we really want better health, we need urgent and aggressive action on the Social Determinants of Health. We deserve no less, and nothing less will work.