

Care by the decades

From toddlers to centenarians, we look at how our health changes as we age and how Alberta's healthcare system supports us

WRITTEN BY DOUG HORNER

Main health concerns

Early years



The early years are a critical time when our brains and bodies develop, laying the foundation for lifelong health.

Children are at a high risk for infectious diseases. When children and their families are immunized, it forms an armour that protects them and others who are vulnerable to diseases.



1 in 3

Alberta children under the age of 10 will visit an emergency department over the course of a year



Screenings and care Children start getting routine immunizations against infectious diseases at two months old. They also start screenings for vision, hearing and development.

Teens



Teens are at the highest risk for mental health issues such as depression and anxiety.

18.1% of all physician services teens used were for mental disorders; the highest of any age

Screenings and care Teens start routine screenings for changes in vision, hearing, weight, behaviour and oral health. They may also start screenings for depression, substance abuse and sexual health.

20s



Young adults experience mental health issues and are at risk for sexual and reproductive health issues.



15% of people in their 20s experience a mental disorder



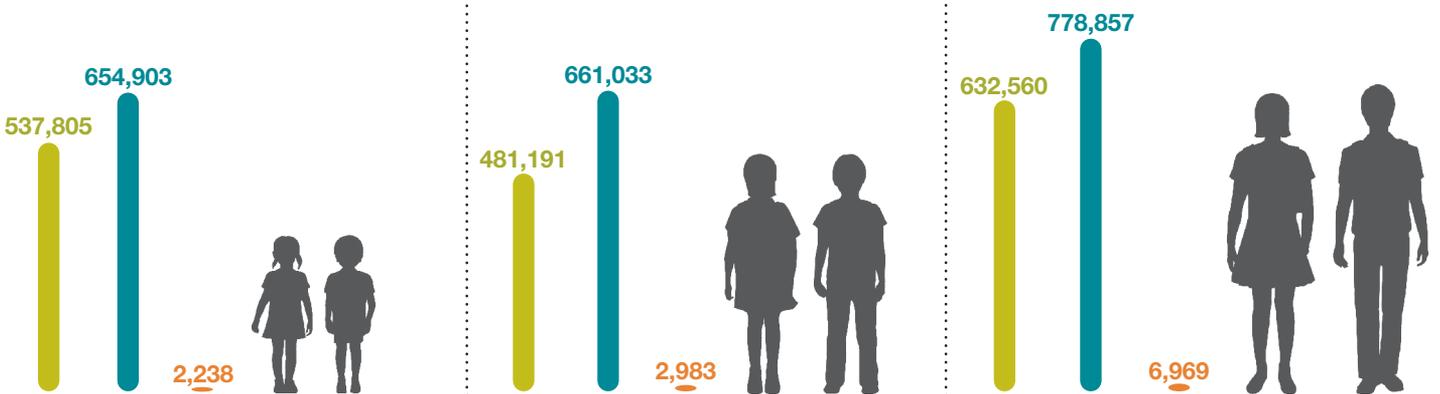
6% experience injury or poisoning



6.3% have a complication during pregnancy or childbirth



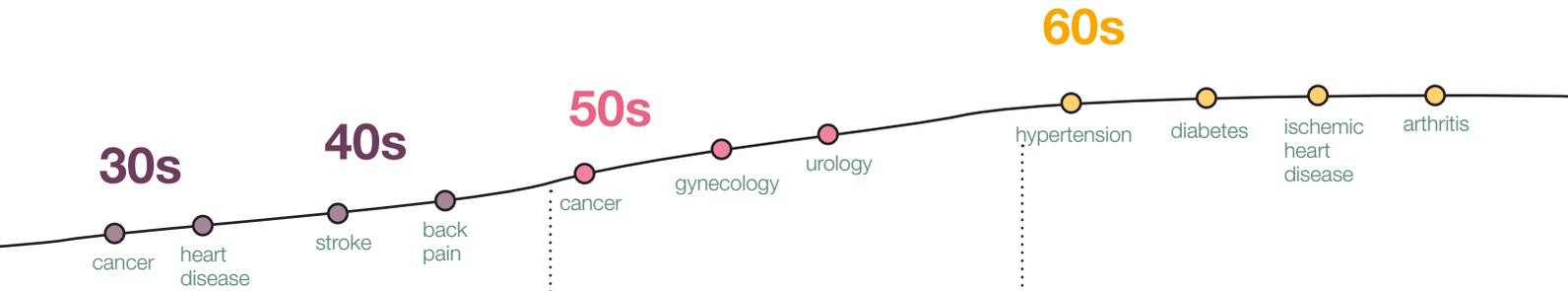
Screenings and care The family doctor is a front-line service throughout life. We often access specialists and other healthcare resources through our family doctor.



Alberta's population

2016
4,252,884

2045
6,237,025



For many of us, these are the years during which we examine our lifestyles and adopt healthier behaviours such as healthy eating, active living, making strong social ties, drinking responsibly and quitting tobacco.

80%

of all people will experience back pain; being active and developing muscle strength can help prevent it

10 to 20x

More frequent cases of lung cancer for smokers; cases of heart disease doubles

Screenings and care Women start cervical cancer screenings every three years. Family doctors start taking regular blood pressure measurements.

As we age, we face more health risks. For example, the risk of cancer in our 50s is over two times more than in our 40s.

3,518

New cases of cancer for Albertans in their 50s in 2015

17.4% ♀

of new cases in women are breast cancer

13.2% ♂

of new cases in men are prostate cancer

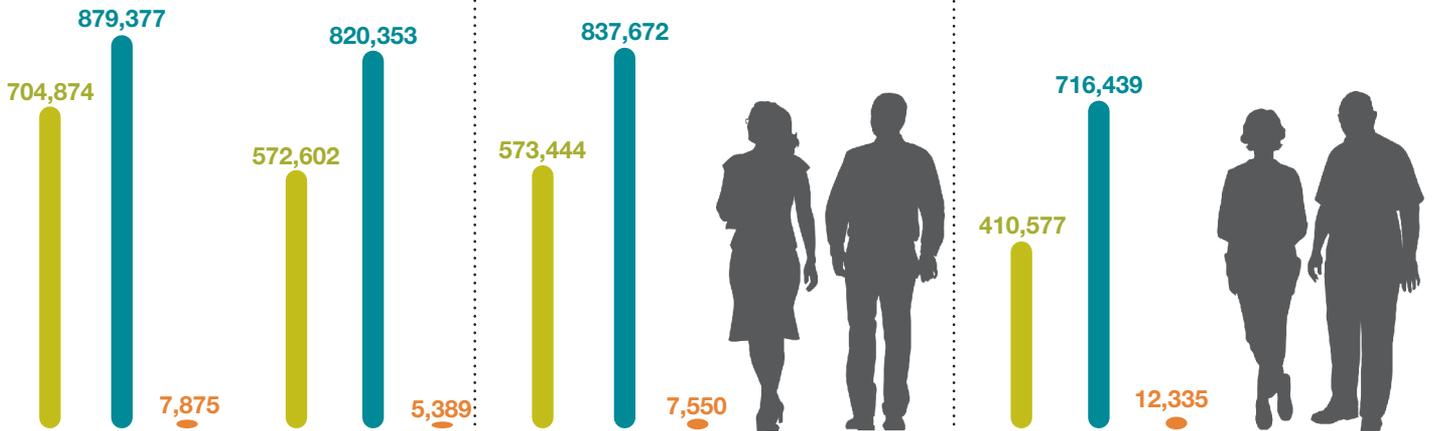
Screenings and care Women start yearly mammogram screenings for breast cancer; men start yearly fecal immunochemical tests for colorectal cancer. Screenings for cholesterol and diabetes start and continue through life.

About 30% of Albertans say they have one or more chronic health conditions. The number rises to 76% if you're 65 or older.

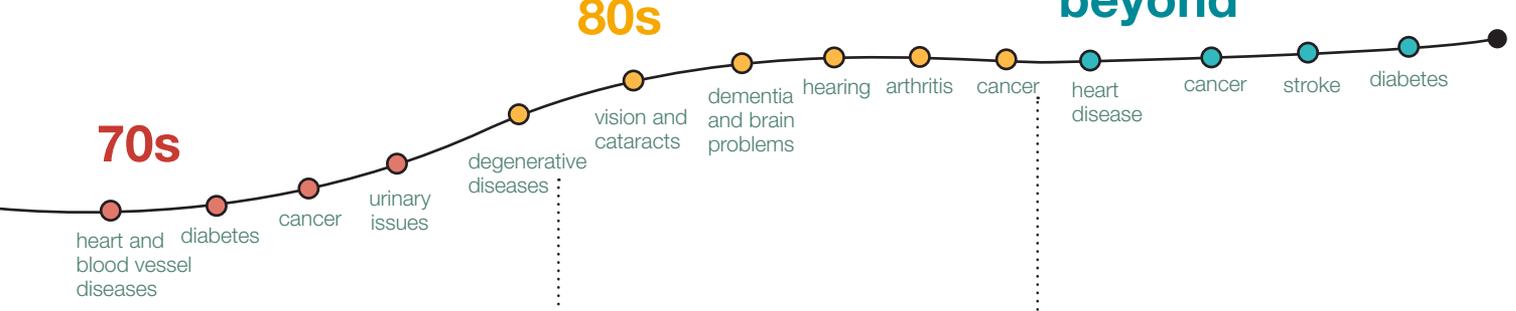
38.4%

of Canadians over 20 have at least one of the 10 most common chronic diseases, including heart disease, cancer, diabetes and depression.

Screenings and care Screenings for osteoporosis, heart disease, degenerative eye diseases and hepatitis C can start in your 60s.



90 and beyond



70s

heart and blood vessel diseases

diabetes

cancer

urinary issues

degenerative diseases

80s

vision and cataracts

dementia and brain problems

hearing

arthritis

cancer

heart disease

cancer

stroke

diabetes

Urinary and kidney problems are two of the most common health concerns in our 70s.



Falling is one of the greatest health risks for seniors



1.6%

of people in their 70s live in long-term care facilities



1%

live in assisted living facilities



Screenings and care Bladder and bowel incontinence is one of the major reasons older adults move to long-term care.

How people live and feel in their 80s is often shaped by how active (or inactive) they've been throughout life..

40%

of people age 80 and older visit an emergency room during the year, the highest of any age group



7%

of people in their 80s live in long-term care facilities



5%

live in assisted living facilities



Screenings and care People may receive care to help with chronic and acute illnesses and home care to live more independently.

More people are living into their 90s, thanks to healthier lifestyles and advances in healthcare. And as they age, more are living and dying at home.



2 in 10 90-year-olds live in a long-term care facility



1 in 10 live in assisted living facilities



80%

of Canadians died in a hospital in 1994

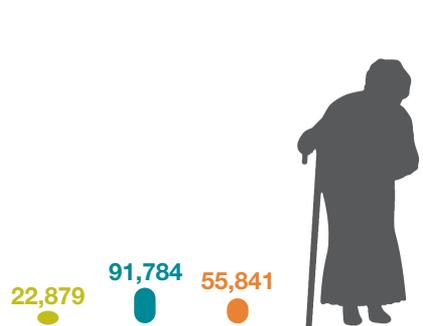
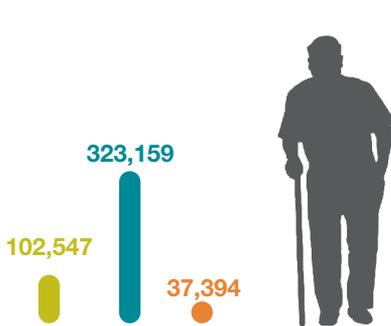
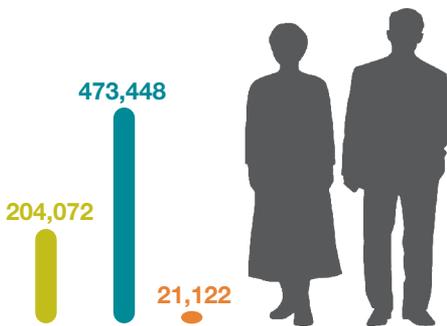


43.7%

of Canadians died in a hospital between 2014 and 2015



Screenings and care People may receive palliative and end-of-life care at home or in hospital.



How we age is changing

We look at how things change as we live healthier and longer lives
 INFORMATION COMPILED BY DOUG HORNER

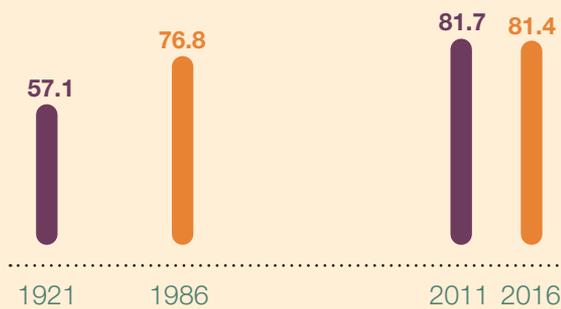
Almost half of all the gains in life expectancy are due to reduced infant mortality



Other advances include:

- Childhood immunization against infectious diseases
- Scientific discoveries such as penicillin and insulin
- Reduced deaths from circulatory diseases, such as heart disease
- New approaches in health promotion, illness prevention, community advocacy, public policy and social programs.

We're living longer



● Albertans: Average number of years lived
 ● Canadians: Average number of years lived



41.3%
 increase since 2011 in number of Canadians living to 100 years



8,230
 number of Canadians 100 years old or more

We're working longer



40%
 of Alberta's current workforce expects to work after age 65

We're living at home longer



90%
 of adults 65+ in Alberta live in their own homes