

Community Characteristics

(National Household Survey 2011)

| District | Median Household Income |
|-------------------------|-------------------------|
| Seven Regions | \$37,093 |
| MacGregor | \$52,054 |
| Rural Portage | \$59,038 |
| Cartier/SFX | \$90,839 |
| Portage la Prairie City | \$53,749 |
| Manitoba | \$57,299 |

| District | Unemployment Rate | | |
|-------------------------|-------------------|-------|-------|
| | Females | Males | Total |
| Seven Regions | 7.4% | 9.8% | 9.1% |
| MacGregor | 3.1% | 4.8% | 4.1% |
| Rural Portage | 7.5% | 10.7% | 9.1% |
| Cartier/SFX | 4.3% | 5.1% | 4.6% |
| Portage la Prairie City | 4.8% | 4.7% | 4.6% |
| Manitoba | 6.0% | 6.4% | 6.2% |

| District | Lone Parent Families | |
|-------------------------|----------------------|--------|
| | Female | Male |
| Seven Regions | 220 | 90 |
| MacGregor | 55 | 20 |
| Rural Portage | 255 | 75 |
| Cartier/SFX | 100 | 40 |
| Portage la Prairie City | 630 | 145 |
| Manitoba | 43,855 | 12,330 |

| District | Less than High School Certificate (age 15+) Rate | | |
|-------------------------|--|-------|-----------|
| | Females | Males | Total Pop |
| Seven Regions | 48% | 54% | 51% |
| MacGregor | 34% | 41% | 38% |
| Rural Portage | 33% | 46% | 39% |
| Cartier/SFX | 14% | 20% | 17% |
| Portage la Prairie City | 26% | 31% | 29% |
| Manitoba | 24% | 27% | 25% |

NOTE: The National Household Survey replaced the mandatory long-form Census in 2011. As a result, caution should be made when interpreting findings. There were higher levels of non-response rates and findings may not be representative at community levels.

Accessibility of Health Services

(CCHS 2007-12; RHA Atlas 2013)

| District | Not looking for a Doc | Looking for a Doc |
|-------------------------|-----------------------|-------------------|
| Seven Regions | 76% | - |
| MacGregor | 47% | - |
| Rural Portage | 46% | - |
| Cartier/SFX | - | 72% |
| Portage la Prairie City | 40% | 60% |
| Manitoba | 44% | 56% |

- data unavailable

Physician Use (2011-2012) – percent of residents (all ages) who received at least one doctor visit (general, family, specialist) in a fiscal year. Manitoba rate: 79.1%.

- **Statistically lower than Manitoba rate**
MacGregor (70.7%)
- **Statistically same as Manitoba rate**
Seven Regions (73.8%), Rural Portage (77.5%), Portage la Prairie City (79.1%), Cartier/SFX (83.3%)

Ambulatory Visit Rates (2011-12) – average number of visits to physicians per resident (all ages) in a given year. Manitoba rate: 4.4.

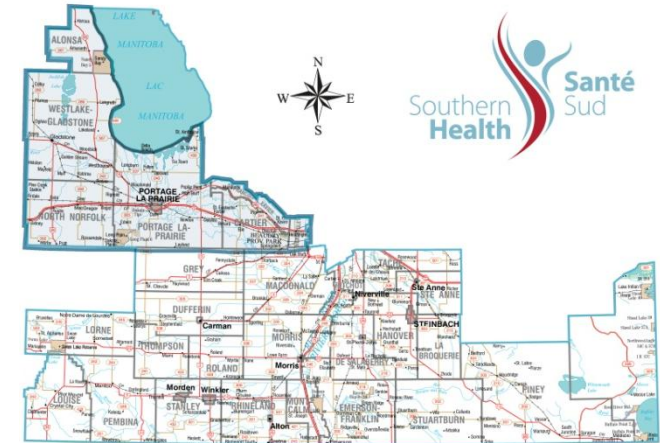
- **Statistically lower than Manitoba rate**
MacGregor (3.0), Seven Regions (3.4)
- **Statistically same as Manitoba rate**
Rural Portage (3.6), Portage la Prairie City (3.9), Cartier/SFX (4.6)

Majority Care from same Physician (2010-12) – percent of residents (all ages) receiving at least 50% of their visits from the same physician. Manitoba rate: 73.2%.

- **Statistically lower than Manitoba rate**
Portage la Prairie City (48.3%), Rural Portage (50.8%), Seven Regions (58.0%), MacGregor (60.4%),
- **Statistically same as Manitoba rate**
Cartier/SFX (73.6%)

Use of Hospitals (2011-12) – percent of residents (all ages) who were admitted to acute care hospital at least once within the year. Manitoba rate: 6.3%.

- **Statistically lower than Manitoba rate**
Cartier/SFX (5.0%)
- **Statistically same as Manitoba rate**
MacGregor (6.6%)
- **Statistically higher than Manitoba rate**
Portage la Prairie City (8.0%), Rural Portage (8.3%), Seven Regions (9.3%)



North Area

Population Overview

District: Seven Regions

Westlake-Gladstone Municipality
RM Alonsa
Sandy Bay Ojibway FN

District: Rural Portage

RM Portage
Dakota Tipi FN
Dakota Plains FN
Long Plains FN

District: North Norfolk

North Norfolk Municipality (MacGregor Town)

District: Cartier/SFX

RM Cartier
RM St. François Xavier
RM Headingley

District: Portage la Prairie

Portage la Prairie City

*Together leading the way for a healthier tomorrow.
Ensemble vers un avenir plus sain.*

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Population (2005 – 2015)

| Municipality | 2005 | 2015 | % Change |
|-------------------------|---------------|---------------|-------------|
| Westlake-Gladstone | 3,056 | 2,904 | -5.0% |
| RM Alonsa | 770 | 774 | 0.5% |
| Sandy Bay Ojibway FN* | 2,204 | 2,495 | 13.2% |
| RM Portage | 6,034 | 5,944 | -1.5% |
| Dakota Tipi FN* | 100 | 131 | 31.0% |
| Dakota Plans FN* | 46 | 35 | -23.9% |
| Long Plans FN* | 621 | 885 | 42.5% |
| North Norfolk | 4,198 | 4,381 | 4.4% |
| RM Cartier | 3,043 | 3,183 | 4.6% |
| RM St. François Xavier | 1,002 | 1,225 | 22.3% |
| RM Headingley | 2,263 | 3,144 | 38.9% |
| Portage la Prairie City | 14,454 | 15,538 | 7.5% |
| Total North Area | 37,791 | 40,639 | 7.5% |

Source: MB Health, Seniors and Active Living, 2015 Population registry file.

* First Nation population statistics under-represented.

Age & Gender - North Area (2015)

| | Females | Males |
|--------------------|---------|-------|
| 0-4 years | 1,451 | 1,670 |
| 5-17 years | 3,648 | 3,899 |
| 18-25 years | 2,203 | 2,394 |
| 26-39 years | 3,327 | 3,486 |
| 40-54 years | 3,856 | 3,907 |
| 55-64 years | 2,558 | 2,570 |
| 65-74 years | 1,638 | 1,624 |
| 75+ years | 1,368 | 1,040 |

Highlights of North Area Population

- 40,639 total population (2015).
- 10-year population growth – modest at 7.5%.
- Higher Aboriginal population.
- Higher proportion males than females.
- Proportion of young children (0-4 years) similar compared to region and province.
- Higher proportion of senior population (75+ years) compared to region.
- Largest population increases in RM Headingley (38.9%), and RM St. François Xavier (22.3%).
- Population decrease in Westlake-Gladstone Municipality (-5.0%), and RM Portage (-1.5%).

Language (Census 2011)

(spoken most often at home)

| District | English only | French only | Other language |
|-------------------------|--------------|-------------|----------------|
| Seven Regions | 81% | 0% | 18% |
| MacGregor | 85% | 0% | 10% |
| Rural Portage | 87% | 1% | 11% |
| Cartier/SFX | 81% | 2% | 16% |
| Portage la Prairie City | 96% | 0% | 2% |

- German was the most “other language”. As well, Ojibway was the most common Aboriginal language for Rural Portage.

Health Behaviours (CCHS 2007-12)

| District | Current Smokers |
|-------------------------|-----------------|
| Seven Regions | - |
| MacGregor | - |
| Rural Portage | 25% |
| Cartier/SFX | 21% |
| Portage la Prairie City | 26% |
| Manitoba | 20% |

- data unavailable

| District | Prevalence Substance Abuse |
|-------------------------|----------------------------|
| Seven Regions | 3.9% |
| MacGregor | 2.7% |
| Rural Portage | 4.1% |
| Cartier/SFX | 3.5% |
| Portage la Prairie City | 5.3% |
| Manitoba | 4.6% |

| District | Physical Activity - Inactive |
|-------------------------|------------------------------|
| Seven Regions | 52% |
| MacGregor | 60% |
| Rural Portage | 62% |
| Cartier/SFX | 49% |
| Portage la Prairie City | 54% |
| Manitoba | 45% |

Health Status (RHA Atlas 2013)

Premature Mortality Rate (2007-2011) – best single indicator of health status measuring death of population before 75 years. Manitoba rate: 3.12 deaths per 1,000 residents aged 0-74 years.

- **Statistically lower (better) than Manitoba rate**
Cartier/SFX (2.04)
- **Statistically same as Manitoba average**
MacGregor (2.56), Portage la Prairie City (3.43), Rural Portage (3.57), Seven Regions (4.01)

Diabetes Prevalence (2009-2012) – percent of residents (age 19+) with Type 1 or 2 diabetes. Manitoba rate: 9.96%.

- **Statistically lower (better) than Manitoba rate**
Cartier/SFX (7.06%), MacGregor (7.67%)
- **Statistically same as Manitoba rate**
Portage la Prairie City (9.35%), Rural Portage (10.68%)
- **Statistically higher than Manitoba rate**
Seven Regions (16.08%)

Hypertension Prevalence (2011-2012) – percent of residents (age 19+) with “high blood pressure”. Manitoba rate: 25.6%.

- **Statistically lower (better) Manitoba rate**
Portage la Prairie City (23.4%)
- **Statistically same as Manitoba rate**
MacGregor (23.7%), Cartier/SFX (24.4%), Rural Portage (25.4%)
- **Statistically higher than Manitoba rate**
Seven Regions (29.8%)

Heart Attack Rates (2007-2011) – rate of death or hospitalization due to acute myocardial infarction (AMI) for residents age 40+. Manitoba rate: 4.09 per 1,000 residents aged 40 and older.

- **Statistically same as Manitoba rate**
Cartier/SFX (2.99), MacGregor (3.84), Portage la Prairie City (4.95), Seven Regions (5.69)
- **Statistically higher than Manitoba rate**
Rural Portage (6.58)

Mood and Anxiety Disorder Prevalence (2007-2012) – percent of residents (age 10+) with mood and anxiety disorder. Manitoba rate: 23.3%.

- **Statistically lower (better) than Manitoba rate**
MacGregor (12.8%), Seven Regions (15.1%), Rural Portage (16.6%)
- **Statistically same as Manitoba rate**
Portage la Prairie City (19.5%), Cartier/SFX (20.9%)

Dementia Prevalence (2007-2012) – percent of residents (age 55+) with dementia. Manitoba rate: 10.6%.

- **Statistically same as Manitoba rate**
MacGregor (7.1%), Cartier/SFX (7.2%), Rural Portage (7.9%), Seven Regions (9.6%), Portage la Prairie City (11.8%)

NOTE: If a rate is statistically higher or lower than the Manitoba rate, it means that we are 95% confident that it is not due to chance.