



Social Determinants of Health Fact Sheet:  
**Zeballos, Ehatís,  
Oclucje, and Kyuquot**

The Strathcona Community Health Network is pleased to share these community health profiles. We have developed a community health profile for each of the eight communities within our region.

Community health profiles were developed for two purposes: 1) to support the ongoing work of the Strathcona Community Health Network, and 2) to build capacity within the Strathcona region.

1. The Strathcona Community Health Network (SCHN) has articulated our approach to work, which includes a commitment to being evidence-informed by balancing the best available data with local knowledge in collaborative decisions. These community health profiles, then, have created an opportunity to define and collect or generate local data to support decision making and future action by the SCHN.
2. Perhaps more importantly, the SCHN's approach also involves community capacity building. Per our Strategic Plan, we "encourage a capacity building approach so the community is strengthened and partners grow and improve their knowledge, skills and infrastructure through engaging with the network."

Community health profiles can be used to build community capacity in many ways, including the following:

- Use the information within to support planning and decision-making processes.
- Utilize this report as evidence when applying for grant funding and/or providing evaluation information to funders.
- Employ the information within when advocating for policy changes at all levels of government.
- Connect with the individuals, organizations, and coalitions within your community that are working towards greater outcomes. If you'd like more information about these groups, please contact us.
- Initiate conversations with your neighbours, family, friends, and colleagues about the information that stood out to you. Can you take any small or grassroots actions in support of increased community health?
- Let us know if the SCHN should be aware of any initiatives happening in your community related to the social determinants of health. Our contact information is on the final page.



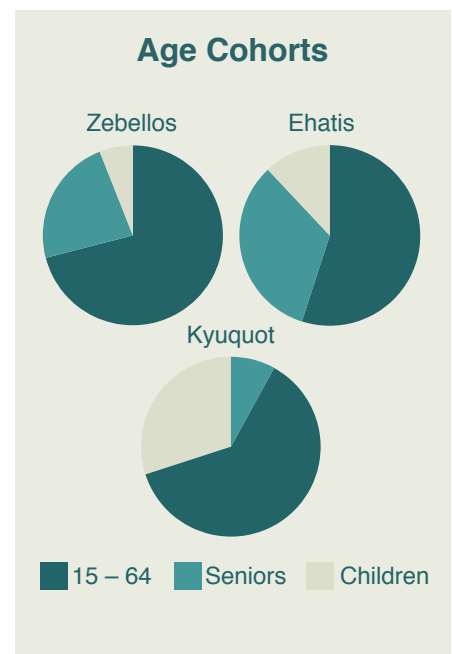
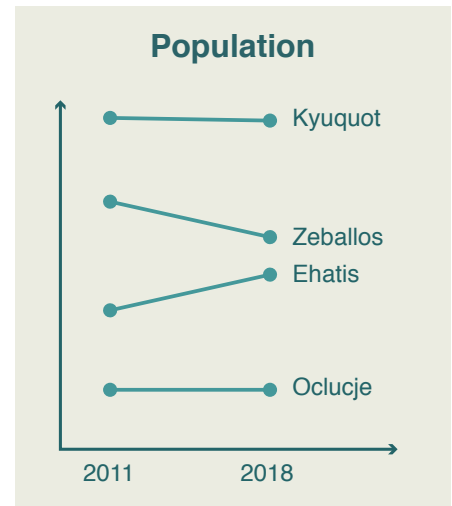
## Community Context

Like many other communities on Vancouver Island, Zeballos, Ehatis, Oclucje, and Kyuquot were home to Nuu-chah-nulth people prior to contact and colonization.<sup>1</sup> Today, Zeballos is the largest population centre, while neighbouring reserve Ehatis houses the Ehattesaht First Nations people, the Oclucje reserve houses the Nuchatlaht, and the Houpsitas reserve houses the Ka:’yu:’k’t’h’/Che:k’tles7et’h’. (Note that this information only represents Kyuquot’s on-reserve population, due to geography restrictions). Combined, the three centres have a population of **406**.<sup>2</sup> Combined, approximately **78%** of the total population are Indigenous.<sup>2</sup> While the combined population has remained the same since 2011, Zeballos has decreased in population by **14.4%**, from **125** to **107** residents. Ehatis has increased by **25%**, from **70** to **88** people. Oclucje’s population has remained static, at **30** residents. Kyuquot’s population has also remained static, at 181 residents.<sup>2</sup>

The largest age cohort in Zeballos is 15 to 64 years old. They comprise **71.4%** of the population. Seniors are the next most populous group, at **23.1%**, and the remainder of residents are children.<sup>2</sup> In Ehatis, the largest age cohort is also 15 to 64 years old, comprising **55%** of the population. Following that, children 14 years old and younger are **33%** of the total population, and the remainder is seniors. This data is not available for Oclucje, given the small population. In Zeballos, the median age of the population is **52.8** years old, compared to **20.5** years old in Ehatis. Kyuquot’s median age is **26.6** years old, with the largest age cohort being 15 to 64 years old.<sup>2</sup>

There has been virtually no movement into Zeballos or Kyuquot in the last five years, while Ehatis has welcomed a handful of new residents within the last five years.<sup>2</sup> Anecdotal evidence suggests that these residents are moving back to Ehatis after living in a nearby community. Statistics Canada data shows that all residents that have moved to Ehatis within the last five years have moved from within British Columbia.

Like neighbouring communities, Zeballos, Ehatis, Oclucje, and Kyuquot fit into multiple service delivery areas. Zeballos is both a municipality and a member of the Strathcona Regional District (SRD). Ehatis, Oclucje, and Kyuquot are all members of the Nuu-Chah-Nulth Tribal Council and are part of NTC’s Northern Region. These communities are all included in School District 84 boundaries, and in Local Health Area 84 (Vancouver Island West), and in the larger North Vancouver Island Health Services Delivery Area.



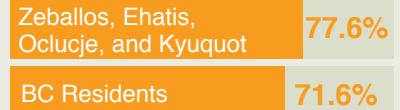


## General Well-being

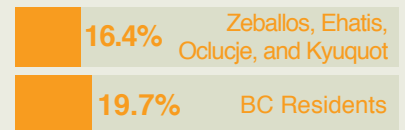
As members of the North Vancouver Island Health Service Delivery Area, residents of Zeballos, Ehatis, Oclucje, and Kyuquot report a high rate of community belonging: **77.6%** of residents report a somewhat strong or strong sense of community belonging, compared to **71.6%** of BC residents.<sup>3</sup> Likewise, Zeballos, Ehatis, Oclucje, and Kyuquot residents report lower perceptions of life stress than provincial residents (**16.4%** report that most days in their lives are quite a bit or extremely stressful, compared to **19.7%** provincially).<sup>3</sup>

In Local Health Area 84, which includes Zeballos, Ehatis, Oclucje, and Kyuquot, **10.9** litres of absolute alcohol are sold per person. This is equal to the Island Health average of **10.9** litres per person and the provincial average of 9.0 litres per person. There is no population-level data available about adult drug use.<sup>4</sup>

### Community Belonging



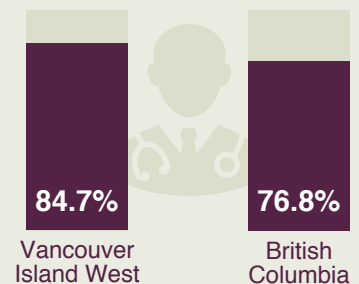
### Life Stress



## Health Care

Another measure in which residents of Island Health Region 84 (Vancouver Island West) compare positively to their provincial counterparts is in physician attachment. In Vancouver Island West, which includes Zeballos, Ehatis, Oclucje, and Kyuquot, **84.7%** of residents are patients of a physical or other primary health care provider (nurse practitioner, community health nurse, etc.). In BC, only **76.8%** of residents are attached to a primary care provider.<sup>4</sup> All area residents may receive care from the Zeballos Health Centre, which includes an urgent care centre, a visiting physician or nurse practitioner once weekly, and a laboratory. Kyuquot also has a health centre, which offers urgent care, bi-weekly access to a visiting physician, laboratory services, and more.

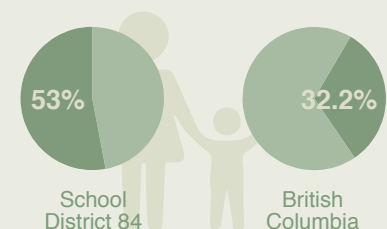
### Physician Attachment



## Children and Youth

Time and time again, research emphasizes that investing in the health and well-being of children and youth has positive health, economic, and community impacts for decades to come. One of the most important measures of young children's health is the Early Development Instrument, which examines a child's experiences in the first five years of life via 5 scales (Physical Health & Well-Being, Social Competence, Emotional Maturity, Language & Cognitive Development, and Communication Skills & General Knowledge). In School District 84 (Vancouver Island West), **53%** of Kindergarten children are deemed vulnerable, meaning that without additional support, these children may experience future challenges in school and society. Provincially, the vulnerability rate is **32.2%**.<sup>5</sup> (Note: Kyuquot does not participate in the Early Development Instrument.)

### Child Vulnerability Rate

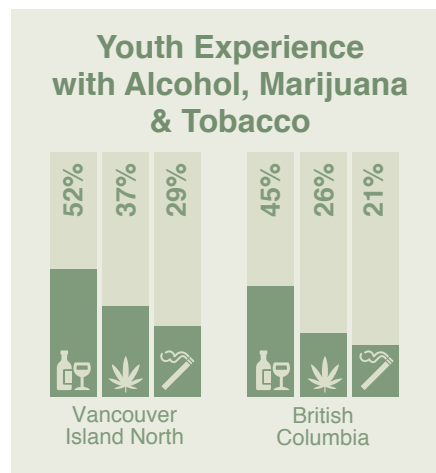
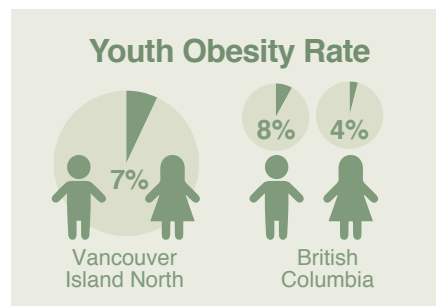


Another measure of support for early childhood development is the number of childcare spaces available. In Zeballos, Ehatis, Oclucje, and Kyuquot, there are **0** licensed childcare spaces.<sup>6</sup> There is a StrongStart parent participation program in Zeballos Elementary-Secondary School and a Head Start program in Kyuquot.

As children get older, the library, youth centre, and local parks, fields, and trails may support healthy development.

The youth obesity rate for Vancouver Island North, which includes Zeballos, Ehatis, Oclucje, and Kyuquot, is **7%** for both males and females. Provincially, it is **8%** for males and **4%** for females.<sup>7</sup>

The McCreary Adolescent Health Survey reports on youth experience with alcohol, marijuana, and tobacco. In Vancouver Island North, which includes Zeballos, Ehatis, Oclucje, and Kyuquot, **52%** of youth have tried alcohol, compared to **45%** provincially. Similarly, **37%** of Vancouver Island North youth have tried marijuana, compared to **26%** provincially. Tobacco sees a similar trend, with **29%** of Vancouver Island North youth trying tobacco, compared to **21%** of youth provincially.<sup>7</sup>



## Food Security

The World Health Organization (WHO) includes food security in its list of social determinants of health and defines household food security as “appropriate food being available, with adequate access and being affordable (location of markets, supermarkets, and closure of small suppliers creating food deserts in cities).” WHO stresses the importance of food security particularly in small and remote communities.<sup>8</sup>

There are **0** grocery stores in Zeballos, Ehatis, Oclucje, and Kyuquot. Two general stores in Zeballos sell limited quantities of frozen meat, some fruits and vegetables, cooking staples, and snacks.<sup>9</sup> There are two small markets in Kyuquot, offering limited groceries. Otherwise, residents of these communities are likely to travel to Port McNeill, Port Hardy, or Campbell River to purchase food. From Zeballos, it is a **174km** roundtrip to Port McNeill, **242km** roundtrip to Port Hardy, or **384km** roundtrip to Campbell River. Kyuquot residents have a longer journey to make, considering that they must first travel from Kyuquot to Fair Harbour by boat before driving to Port McNeill, Port Hardy, or Campbell River.

There are no food banks or pantries in Zeballos, Ehatis, Oclucje, or Kyuquot, and no community gardens or food waste recovery programs.<sup>10</sup>



The Provincial Health Services Authority’s “Food Costing in BC” report for 2017 reports on the cost of sufficient, safe, and nutritious foods across the province. For the North Island Health Services Delivery Area, the monthly cost of healthy food is **\$1,036** (compare this to the provincial average of **\$1,019**).<sup>11</sup> However, the cost is even greater for communities like Zeballos, Ehatis, Oclucje, and Kyuquot that must spend more time and money to ensure adequate transportation to get to a grocery store. Using the government rate of \$0.58/km traveled, which is inclusive of fuel and vehicle maintenance, a roundtrip from Zeballos to Port McNeill, Port Hardy, or Campbell River would cost **\$100.92**, **\$140.36**, or **\$222.72** respectively. For Kyuquot residents needing to make a return trip on the water taxi, an additional \$150 is required.



## Transportation

Being able to get from one place to another is essential for everyone, but particularly for members of rural and remote communities. In Zeballos, Ehatis, Oclucje, and Kyuquot, having access to a vehicle is necessary to purchase food and household goods, access health and social services, and access employment, among other things.

There is no public transportation within these communities. No bus routes exist. There are no taxis. Aside from owning a vehicle, or utilizing active transportation, transport options are limited. There are private water taxi companies that are used for both practical and recreational pursuits.<sup>9</sup>

There are no official active transportation routes in Zeballos, Ehatis, Oclucje, or Kyuquot, meaning that there are no officially designated bike lanes, or protected pedestrian paths near roads. Given that Zeballos and Ehatis are separated by about **3km**, and that Oclucje is **12km** past Zeballos, the lack of transportation options makes connecting the communities difficult. Again, Kyuquot is further challenged by geography, as there is no way to enter or exit the community without employing a boat or floatplane.

When asked about how residents get to work, the majority reported that they drive. In Zeballos and Ehatis, employed commuters utilize driving and walking in equal numbers. In Kyuquot, most residents walk to work. This data is suppressed for Oclucje, given the small population size.<sup>2</sup>





## Housing

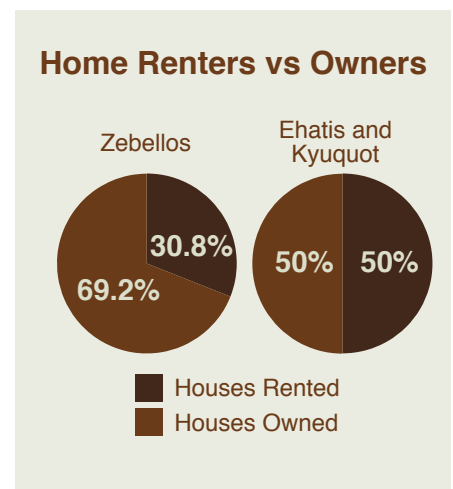
Access to safe, adequate, and affordable housing is essential in ensuring the health of a community’s residents. Inadequate housing affects physical health – housing that is mouldy, dirty, or in need of major repairs may put a resident at risk of developing one-time or chronic illnesses. Housing that is unaffordable, overcrowded, or otherwise unsuitable contributes to increased stress and/or decreased quality of life.

Houses in Zeballos are less expensive than many other island communities. The median value of a home is **\$120,187**.<sup>2</sup> The median monthly cost of home ownership is **\$352**.<sup>2</sup> Median monthly cost is the total cost for a mortgage, property taxes, and the cost of electricity, heat, water, and other municipal services. Median monthly rental costs are not available for Zeballos, due to the low number of renters. Median home value and median monthly cost of home ownership or rental is not available for Ehatis, Oclucje, or Kyuquot, given the small population size.

There is no accurate rental vacancy rate for Zeballos, Ehatis, Oclucje, or Kyuquot. In Zeballos, **30.8%** of households are headed by renters, while the rest are owned. In Ehatis and Kyuquot, **50%** of homes are rented and **50%** are owned.<sup>2</sup> Renters typically find a rental home via word of mouth.<sup>12</sup>

Of all homes in Zeballos, Ehatis, and Kyuquot, **33%** are in need of major repair. The remaining **67%** need only regular maintenance or minor repairs.<sup>2</sup>

As no formal homelessness count has occurred in Zeballos, Ehatis, Oclucje, or Kyuquot, local residents were relied on for their input. Residents agreed that it is common to stay with family and friends while searching for housing.<sup>12</sup> However, data from Zeballos, Ehatis, and Kyuquot suggests that homes are not overcrowded, and that most households have enough rooms that they have one person or fewer per room.<sup>2</sup>





## Connectivity

Access to phone and internet services is necessary for reasons related explicitly to health – including access to health and emergency services and opportunities for telehealth – but also to meet other needs. Access to phone and internet services also allows access to education and professional development, employment, connection to friends and family, and entertainment, among others.

There is no or limited cell phone coverage in Zeballos, Ehatis, Oclucje, or Kyuquot and most residents rely on landlines. A landline from Telus, the most popular provider of home phone services in the area, costs **\$40** per month and includes unlimited local calling.<sup>13</sup>

Cable, DSL, and wireless internet is available in Zeballos, Ehatis, Oclucje, or Kyuquot. An individual household can expect to pay between **\$40** and **\$130** per month, depending on desired speed and usage.<sup>14</sup> The Zeballos library also provides internet access during open hours.

Though not all residents who work from home would utilize home phone and internet, some would. In Zeballos and Ehatis, **10.5%** of the workforce works from home.<sup>2</sup>

### Phone, Internet & Cable Costs



Phone (Landline)  
**\$40** per month



Cable/DSL  
**\$40 - \$130** per month



## Employment and income

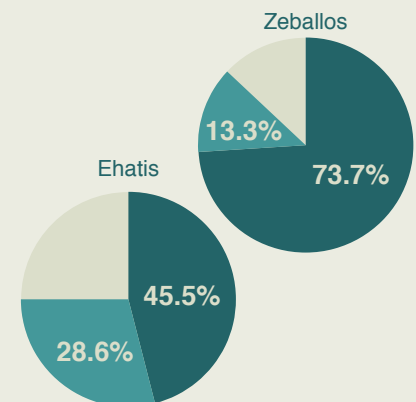
Living Wage Canada notes that “Income plays an important role in health outcomes. In general, the less someone is paid the poorer their health is across a number of physical and psychological measures. In addition, employment and working conditions have a significant impact on our health.”<sup>15</sup> Small communities, like Zeballos, Ehatis, and Oclucje, have limited education and employment opportunities and may have fewer appropriate work opportunities than larger communities.

Median income data is available for Zeballos, but not for Ehatis or Oclucje, due to the size of each community. In Zeballos, the median after-tax income of households is **\$34,240** – significantly lower than the provincial median income (**\$61,280**).<sup>2</sup> In Kyuquot, the median after-tax income of households is **\$49,728**, closer to the provincial median than other communities in this area.<sup>2</sup>

Despite relatively low income, Zeballos sees a high employment rate of **73.7%** and a similarly high unemployment rate of **13.3%**, while neighbouring Ehatis has an employment rate of **45.5%** and an unemployment rate of **28.6%**.<sup>2</sup> In Kyuquot, the employment rate is **34.6%** and the unemployment rate is **30.8%**.<sup>2</sup> Data for Oclucje has been suppressed due to population size. In Zeballos, Ehatis, and Kyuquot combined, about **50%** of the population works part-time and/or part-year.<sup>2</sup>

### Employment Rates

- Employed
- Unemployed
- Out of labour force





## Education and Training

Education and training are becoming increasingly integral to employment success. In Zeballos, Ehatis, Oclucje, and Kyuquot, those wishing to access post-secondary training while still living in the community would be required to learn via distance. North Island Employment Foundations Society (NIEFS) visits Zeballos to deliver training and information occasionally. NIEFS also offers services via phone and internet.<sup>16</sup>

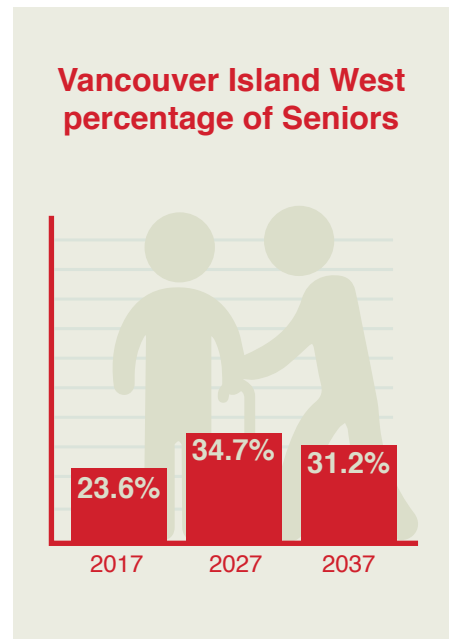


## Ageing

Growing old requires related social, financial, and health supports. Currently, the proportion of the population in Vancouver Island West (which includes Zeballos, Ehatis, Oclucje, and Kyuquot) that is comprised of seniors is **23.6%**. That proportion is expected to grow to **34.7%** by 2027, and then decrease slightly to **31.2%** by 2037.<sup>4</sup>

Like many communities in the region, the relatively lower cost of living may attract retirees, but the lack of comprehensive medical services may be the reason that seniors leave the communities as well. There is currently very little care available to seniors in Zeballos, Ehatis, Oclucje, and Kyuquot. Though residents have access to in-home care, there are no independent or assisted living facilities, no memory care facility for people with Alzheimer’s or dementia, and no retirement homes. Thus, it is hard to paint a clear picture of the cost of ageing in Zeballos, Ehatis, Oclucje, and Kyuquot.

Likewise, one measure of senior health is the proportion of seniors who live at home (often called “ageing in place”). Seniors who age in place can feel isolated if they live alone; seniors who live with a partner, roommate, or family members often have a higher quality of life than those living alone. Given that there is no other option in Zeballos, Ehatis, Oclucje, and Kyuquot, all seniors live at home.



# The Social Determinants of Health

The Strathcona Community Health Network (SCHN) works collaboratively to increase the health of the residents of the Strathcona Regional District. Focusing on upstream prevention, the SCHN focuses on the social determinants of health to guide its work.

In Canada, the following social determinants of health are frequently referenced:

Income and income distribution, education, unemployment and job security, employment and working conditions, early childhood development, food insecurity, housing, social inclusion/exclusion, social safety network, health services, aboriginal status, gender, race, disability.

The SCHN has engaged in extensive community consultation, including two forums. Community consultation surfaced the following social determinants of health most relevant to the region: First Nations and Cultural Safety, Healthy Children, Food Security, Housing, Ageing and Caregiver Support, Connectivity, Transportation.

Within these seven distinct determinants, there are many areas of overlap. In Zeballos, Ehatis, Oclucje, and Kyuquot, the populations of both children and seniors are substantial. However, there are no caretaking facilities or infrastructure in place for either population. No licensed childcare exists in any of the communities in the region, and there are no elder care options, either.

Another evident linkage of the social determinants of health is access to training and post-secondary education. As rural and remote communities, Zeballos, Ehatis, Oclucje, and Kyuquot do not have regular formal training or post-secondary opportunities. Residents that have a desire to earn a ticket, certificate, diploma, or degree must leave their home community to do so. Because of the distance between Zeballos, Ehatis, Oclucje, and Kyuquot and the nearest urban centre (Campbell River), daily commuting is not possible. Education and training increase the capacity of a community, and the lack of opportunities is a barrier to residents wishing to better their lives, careers, and families.

Finally, there are obvious links between food security and transportation. Like other communities in the region, Zeballos, Ehatis, Oclucje, and Kyuquot lack full-service grocery stores and must travel to purchase healthy food. In addition to being time consuming, travelling to Port Hardy, Port McNeill, or Campbell River is expensive. For those with dependent children or other family members at home, it can also be a logistical challenge.

Which links are evident to you?

## Sources

- <sup>1</sup> The Canadian Encyclopedia, “Nuchatlaht” and “Nuu-chah-nulth” entries, <https://www.thecanadianencyclopedia.ca/en/article/nuchatlaht> and <https://www.thecanadianencyclopedia.ca/en/article/nootka-nuu-chah-nulth>.
- <sup>2</sup> Statistics Canada, Census 2016 – Zeballos (Village), Ehatis 11, Oclucje 7, Houpsitas 6
- <sup>3</sup> Statistics Canada, Canadian Community Health Survey, 2015-2016
- <sup>4</sup> Island Health, Local Health Area Profile 72 (Campbell River), 2015
- <sup>5</sup> Human Early Learning Partnership, Early Development Instrument, School District 84, 2014-2016, [www.earlylearning.ubc.ca](http://www.earlylearning.ubc.ca).
- <sup>6</sup> PacificCARE Child Care Information and Referral (Personal correspondence)
- <sup>7</sup> Poon, C., Peled, M., Stewart, D., Kovaleva, K., Cullen, A., Smith, A., & McCreary Centre Society (2015). North Vancouver Island: Results of the 2013 BC Adolescent Health Survey. Vancouver, BC: McCreary Centre Society.
- <sup>8</sup> World Health Organization, The determinants of health, <http://www.who.int/hia/evidence/doh/en/index3.html>.
- <sup>9</sup> Canada 411
- <sup>10</sup> Strathcona Food Security Project, Food Security Needs Assessment, 2014, <https://www.greenwaystrust.ca/wp-content/uploads/2017/07/sf-sp-needs-assessment-final.pdf>.
- <sup>11</sup> Provincial Health Services Authority. (2018). Food Costing in BC 2017. Vancouver, B.C.: Provincial Health Services Authority, Population and Public Health Program.
- <sup>12</sup> Local input from area residents
- <sup>13</sup> Telus.com, Home phone plans
- <sup>14</sup> FindInternet.ca, <https://www.findinternet.ca/en/zeballos-british-columbia?serviceType=internet-fixed-wireless>.
- <sup>15</sup> Living Wage Canada, What is a living wage?, <http://www.livingwagecanada.ca/index.php/about-living-wage/>.
- <sup>16</sup> North Island Employment Foundations Society, NIEFS Services, <https://www.niefs.net/niefs-services>.



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