

The Ontario Chronic Disease Prevention Alliance

QUALITY INDICATORS PROJECT

The Ontario Chronic Disease Prevention Alliance (OCDPA) is currently undertaking an innovative project to track and compare chronic disease risk factors and trends across Ontario on a periodic basis. The results will provide a planning tool for organizations across the chronic disease prevention sector as well as provide government with an independent non-partisan source of credible and relevant data analysis to inform program and policy development.

One aim of the project is to develop an integrated, coordinated system in the prevention and management of chronic disease to reduce overall disease burden, and thereby, provide economic advantages in health care and beyond. This project also aims to encourage 'systems thinking' by viewing risk factors in parallel across chronic diseases and to support collaboration among relevant partners.

For more information, please contact:

Elizabeth Manafò, MHSc, RD
Project Coordinator

Quality Indicators Advisory Group
Ontario Chronic Disease Prevention Alliance

Phase I Indicator identification

In March 2015, the OCDPA's Quality Indicators Advisory Group developed a preliminary framework of chronic disease prevention indicators. The framework short-listed 68 unique indicators across five chronic disease risk factors: unhealthy diet, physical inactivity, high risk alcohol consumption, tobacco use, and mental illness (Table 1, see reverse).

More detailed information can be found in the Phase I Final Report¹.

Phase II Indicator Validation

As of September 2015, the next project phase focuses on verification of the identified indicators and the proposed list of chronic diseases associated with these risk factors. This phase seeks to validate the short list of indicators and selected chronic diseases and better understand their utility to researchers, practitioners and policy makers.

The validation process will include consultation with three to five Ontario-based key stakeholders in each risk factor area. It is expected this work will be completed in early 2016.

Phase III Data Collection

Phase IV Knowledge Dissemination & Exchange

The proposed next phases of the project (Phases III and IV) will include collection of data of the validated indicators and selected chronic diseases. This will be followed by a knowledge dissemination and exchange strategy. Relevant stakeholders may use the document to guide future program planning and policy development for chronic disease prevention. It is expected this work will be completed in 2016.

¹ Ontario Chronic Disease Prevention Alliance. (March 2015). Determining Quality Chronic Disease Prevention Indicators for Ontario. Final Report.

Table 1. Chronic disease risk factor indicator groups and measures

RISK FACTOR	DIMENSION	INDICATOR GROUP	INDICATOR MEASURE
Cross-cutting		Overall health	% of population self-rating their health as excellent or very good
Unhealthy diet	Systemic	1. Food access and security	1.1 % of households in Ontario experiencing some degree of food insecurity, % marginally, % moderately, and % severely food insecure
			1.2 Cost of nutritious Food Basket- Average weekly costs based on a reference family of four, which includes a man and a woman each aged 31-50 years; a boy aged 14-18 years; and a girl aged 4-8 years.
	Behavioural	2. Sodium consumption	2.1 Sodium, % of adults above the Tolerable Upper Intake Level (males females both males and females)
			2.2 Average Daily Sodium consumption (mg), by age group and sex
			3.1 % of population that reports drinking sugar-sweetened beverages daily, population aged 5 to 19 years
		2.3 Average Daily Sugar consumption (mg)	
		4.1 Fruit or vegetable consumption 5 or times per day	
Physical inactivity	Systemic	1. Workplace wellness	1.1 At or near your place of work, do you have access to a place to walk, jog, bicycle or rollerblade?
			1.2 At or near your place of work, do you have playing fields or open spaces for ball games or other sports?
			1.3 At or near your place of work, do you have a gym or physical fitness facilities?
			1.4 At or near your place of work, do you have access to organized fitness classes?
			1.5 At or near your place of work, do you have access to any organized recreational sports teams?
	Behavioural	2. Physical activity	2.1 % of population that reports being physically "active" or "moderately active" during their leisure time, populated aged 5-17 years
			2.2 % of population reporting being moderately or very physically active
			2.3 Average percentage of time spent on the previous day in social leisure activities
			2.4 % of population that reports being physically "active" or "moderately active" during their leisure time, populated aged 20+
			2.5 In the past three months, how many times did you ... [participate in activity]
			2.6 How much time did you spend on each occasion?
			2.7 In past three months when you walked to and from work or school
			2.8 In past three months when you biked to and from work or school
	Behavioural	3. Sedentary behaviour	3.1 % of population that reports spending more than 14 hours per week watching television or using computers during leisure time, population aged 12+ years
			3.2 In a typical week in the past three months, how much time did you usually spend on a computer, including playing games or using the Internet
3.3 In a typical week in the past three months, how much time did you usually spend watching TV			
3.4 In a typical week, in the past three months, how much time did you usually spend reading not counting at work or school			
High risk alcohol consumption	Systemic	1. Alcohol price	1.1 Minimum price of off-premise alcohol
			1.2 Minimum price of on-premise alcohol
			1.3 Average price relative to Consumer Price Index (CPI)
			1.4 Pricing differential according to alcohol content
			1.5 Density of on and off premise outlets
		2. Normalization of drinking	2.1 Have you ever seen or heard about Canada's "Low-Risk Alcohol Drinking Guidelines"
			2.2 In general, what is the maximum number of drinks per day you think could be considered low-risk for a man of legal drinking age?
			2.3 In general, what is the maximum number of drinks per week that you think could be considered low-risk for a man of legal drinking age
			2.4 In general, what is the maximum number of drinks per day you think could be considered low-risk for a woman of legal drinking age?
			2.5 In general, what is the maximum number of drinks per week that you think could be considered low-risk for a woman of legal drinking age
	Behavioural	3. Behavioural counselling	3.1 In the past 12 months, has a relative or friend or a doctor or health worker EVER been concerned about your drinking or suggested you cut it down?
			4.1 Per capita (L) of absolute alcohol consumption per person aged 15 and older
			4.2 Heavy drinking, by sex and province (number of persons)
			5.1 During the past 12 months, how often did you drink alcoholic beverages?
			5.2 How often in the past 12 months have you had (5/4) or more drinks on one occasion?
		5.3 Percentage exceeding Low-Risk Alcohol Drinking Guidelines	
		5.4 Percentage reporting hazardous or harmful drinking	
		5.5 Percentage reporting symptoms of alcohol dependence	
Tobacco use	Systemic	1. Price	1.1 Price of cigarettes
			2.1 Taxation of cigarettes
			3.1 Density of outlets selling tobacco products
			4.1 In the past 12 months, did you try a nicotine patch to quit smoking?
			5.1 In the past 12 months, did your doctor advise you to quit smoking?
	Behavioural	6. Smoking behaviour	6.1 Percentage of daily smokers among teens aged 12 to 19
			6.2 Percentage of occasional smokers among teens aged 12 to 19
			6.3 Percentage of daily smokers among adults 19+
			6.4 Percentage of occasional smokers among adults 19+
			7.1 In the past 12 months, did you stop smoking for at least 24 hours because you were trying to quit?
Mental illness	Systemic	1. Workplace stress	1.1 Mental illness disability claims
			1.2 Experienced very high stress associated with family caregiving
		2. Individual or household income	2.1 Source of income covers basic expenses and impact on well being
			3.1 Educational attainment and impact on well being
		4. Mental health service provision	4.1 Satisfaction about the availability of mental health services in region
			5.1 Experienced discrimination - general population
	Behavioural	6. Medication	6.1 % using prescribed anti-anxiety medication in past 12 months
			6.2 % using prescribed anti-depression medication in past 12 months
		7. Mental/Psychological health	7.1 % reporting poor mental health in general
			7.2 Perceived mental health, very good or excellent
			7.3 Perceived mental health, fair or poor
			7.4 In the past 12 months, have you seen or talked to a health professional about your emotional or mental health?
8. Stress	8.1 Self-perceived stress - high stress "quite a bit" or "extremely		
	9.1 % reporting elevated psychological distress during the past few weeks (GJQ3+)		
		9.2 % reporting frequent mental distress days (14+) during the past 30 days	
	TOTAL	28 Indicator Groups (25 discrete)	68 Indicator measures