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Health Regions

'Health region' refers to a geographic unit defined by the provincial ministries of health. They are legislated administrative areas in all provinces except Nova Scotia. For complete Canadian coverage, each of the northern territories also represents a health region.

The following is a list of health regions in effect as of June 2003:

Health Regions (2003) by Provinces and Territories

Newfoundland and Labrador

1001	Health and Community Services St. John's Region	2409	Région de la Côte-Nord
1002	Health and Community Services Eastern Region	2410	Région du Nord-du-Québec
1003	Health and Community Services Central Region	2411	Région de la Gaspésie - Îles-de-la-Madeleine
1004	Health and Community Services Western Region	2412	Région de la Chaudière-Appalaches
1005	Grenfell Regional Health Services Board	2413	Région de Laval
1006	Health Labrador Corporation	2414	Région de Lanaudière
		2415	Région des Laurentides
		2416	Région de la Montérégie
		2417	Région du Nunavik
		2418	Région des Terres-Cries-de-la-Baie-James

Prince Edward Island

1101	West Prince
1102	East Prince
1103	Queens
1104	Kings

Nova Scotia

1201	Zone 1
1202	Zone 2
1203	Zone 3
1204	Zone 4
1205	Zone 5
1206	Zone 6

New Brunswick

1301	Region 1
1302	Region 2
1303	Region 3
1304	Region 4
1305	Region 5
1306	Region 6
1307	Region 7

Quebec

2401	Région du Bas-Saint-Laurent
2402	Région du Saguenay - Lac-Saint-Jean
2403	Région de Québec
2404	Région de la Mauricie et du Centre-du-Québec
2405	Région de l'Estrie
2406	Région de Montréal-Centre
2407	Région de l'Outaouais
2408	Région de l'Abitibi-Témiscamingue

Ontario

District Health Councils (DHC)

3501	Champlain
3502	Southeastern Ontario
3503	Durham-Haliburton-Kawartha and Pine Ridge
3504	Toronto
3505	Simcoe York
3506	Halton-Peel
3507	Waterloo Region-Wellington-Dufferin
3508	Hamilton
3509	Niagara
3510	Grand River
3511	Thames Valley
3512	Essex-Kent and Lambton
3513	Grey Bruce Huron Perth
3514	Northern Shores
3515	Algoma-Cochrane-Manitoulin and Sudbury
3516	Northwestern Ontario

Ontario

Public Health Units

3526	District of Algoma Health Unit
3527	Brant County Health Unit
3530	Durham Regional Health Unit
3531	Elgin-St Thomas Health Unit
3533	Grey Bruce Health Unit
3534	Haldimand-Norfolk Health Unit
3535	Haliburton, Kawartha, Pine Ridge District Health Unit
3536	Halton Regional Health Unit
3537	City of Hamilton Health Unit

3538	Hastings and Prince Edward Counties Health Unit
3539	Huron County Health Unit
3540	Chatham-Kent Health Unit
3541	Kingston, Frontenac and Lennox and Addington Health Unit
3542	Lambton Health Unit
3543	Leeds, Grenville and Lanark District Health Unit
3544	Middlesex-London Health Unit
3545	Muskoka-Parry Sound Health Unit
3546	Niagara Regional Area Health Unit
3547	North Bay and District Health Unit
3549	Northwestern Health Unit
3551	City of Ottawa Health Unit
3552	Oxford County Health Unit
3553	Peel Regional Health Unit
3554	Perth District Health Unit
3555	Peterborough County-City Health Unit
3556	Porcupine Health Unit
3557	Renfrew County and District Health Unit
3558	Eastern Ontario Health Unit
3560	Simcoe County District Health Unit
3561	Sudbury and District Health Unit
3562	Thunder Bay District Health Unit
3563	Timiskaming Health Unit
3565	Waterloo Health Unit
3566	Wellington-Dufferin-Guelph Health Unit
3568	Windsor-Essex County Health Unit
3570	York Regional Health Unit
3595	City of Toronto Health Unit

Manitoba

4610	Winnipeg Regional Health Authority
4615	Brandon Regional Health Authority
4620	North Eastman Regional Health Authority
4625	South Eastman Regional Health Authority
4630	Interlake Regional Health Authority
4640	Central Regional Health Authority
4645	Assiniboine Regional Health Authority
4660	Parkland Regional Health Authority
4670	Norman Regional Health Authority
4680	Burntwood Regional Health Authority*
4690	Churchill Regional Health Authority*

Saskatchewan

4701	Sun Country Regional Health Authority
4702	Five Hills Regional Health Authority
4703	Cypress Regional Health Authority
4704	Regina Qu'Appelle Regional Health Authority
4705	Sunrise Regional Health Authority
4706	Saskatoon Regional Health Authority
4707	Heartland Regional Health Authority
4708	Kelsey Trail Regional Health Authority
4709	Prince Albert Parkland Regional Health Authority
4710	Prairie North Regional Health Authority
4711	Mamawetan Churchill River Regional Health Authority*
4712	Keewatin Yatthé Regional Health Authority*
4713	Athabasca Health Authority*

Alberta

4820	Chinook Regional Health Authority
4821	Palliser Health Region
4822	Calgary Health Region
4823	David Thompson Regional Health Authority
4824	East Central Health
4825	Capital Health
4826	Aspen Regional Health Authority
4827	Peace Country Health
4828	Northern Lights Health Region

British Columbia

5911	East Kootenay
5912	Kootenay-Boundary
5913	Okanagan
5914	Thompson/Cariboo
5921	Fraser East
5922	Fraser North
5923	Fraser South
5931	Richmond
5932	Vancouver
5933	North Shore/Coast Garibaldi
5941	South Vancouver Island
5942	Central Vancouver Island
5943	North Vancouver Island
5951	Northwest
5952	Northern Interior
5953	Northeast

Yukon Territory

6001	Yukon Territory
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Northwest Territories

6101	Northwest Territories
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Nunavut

6201	Nunavut
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* For most data sources, health region level data are not available for some northern health regions in Manitoba and Saskatchewan which have small populations. To avoid suppression in these areas where small numbers or sample size impact on data quality, data have been grouped with neighbouring regions, as follows:

Churchill Regional Health Authority, Manitoba (4690) is combined with Burntwood Regional Health Authority (4680) and referred to as 'Burntwood/Churchill (4685)'; and, Athabasca Health Authority (4713) Saskatchewan is combined with Mamawetan Churchill River Regional Health Authority (4711) and Keewatin Yatthé Regional Health Authority (4712) and referred to as 'Athabasca/Keewatin/Mamawetan (4714)

The following table presents an overview of health regions in Canada, by province and territory and links to maps (jpeg or pdf) for viewing current boundaries.

Health regions (2003) in Canada

Province	Health regions	Units	Maps
Newfoundland and Labrador	Community Health Regions	6	
Prince Edward Island	Health Regions	4	
Nova Scotia ¹	Health Regions (Zones)	6	
New Brunswick	Health (Hospital) Regions	7	
Quebec	<i>Régions sociosantitaires</i> (RSS)	18	
Ontario ²	Public Health Units (PHU)	37	Links to jpeg and PDF map images are available from html version of "health regions"
	District Health Councils (DHC)	16	
Manitoba	Regional Health Authorities	11	
Saskatchewan	Regional Health Authorities	13	
Alberta	Regional Health Authorities	9	
British Columbia	Health Service Delivery Areas	16	
Yukon Territory	Entire territory	1	
Northwest Territories	Entire territory	1	
Nunavut	Entire territory	1	

Health Region Peer Groups

In order to effectively compare health regions with similar socio-economic characteristics, health regions have been grouped into 'peer groups'. Statistics Canada used a statistical

¹ In Nova Scotia, health zones are aggregations of the nine district health authorities.

² Public health units (PHU) administer health promotion and disease prevention programs. District health councils (DHC) are advisory, health planning organizations that make recommendations on resource distribution and provide advice on integration of health services in their community.

method to achieve maximum statistical differentiation between health regions. Twenty-four variables were chosen to cover as many of the social and economic determinants of health as possible, using data collected at the health region level mostly from the Census of Canada. Concepts covered include:

- basic demographics (i.e., population change and demographic structure),
- living conditions (i.e., socio-economic characteristics, housing, and income inequality), and
- working conditions (i.e., labour market conditions)

A more detailed discussion on the rationale and methods involved in the development of peer groups is available [Health Region \(2000\) Peer Groups Working Paper \(PDF\)](#).

Peer groups based on the latest health region boundaries and 2001 Census data are now available. There are currently nine peer groups identified by letters A through I.

A listing of the health regions organized by peer groups follows:

Peer Group A

1001 Health and Community Services St. John's Region
 1103 Queens
 1206 Zone 6
 2403 Région de Québec
 2407 Région de l'Outaouais
 2413 Région de Laval
 2416 Région de la Montérégie
 3527 Brant County Health Unit
 3537 City of Hamilton Health Unit
 3538 Hastings and Prince Edward Counties Health Unit
 3540 Chatham-Kent Health Unit
 3541 Kingston, Frontenac and Lennox and Addington Health Unit
 3542 Lambton Health Unit
 3544 Middlesex-London Health Unit
 3546 Niagara Regional Area Health Unit
 3555 Peterborough County-City Health Unit
 4610 Winnipeg Regional Health Authority
 4615 Brandon Regional Health Authority
 4704 Regina Qu'Appelle Regional Health Authority
 4706 Saskatoon Regional Health Authority
 5913 Okanagan
 5921 Fraser East
 5941 South Vancouver Island
 5942 Central Vancouver Island

Peer Group B

3530 Durham Regional Health Unit
 3536 Halton Regional Health Unit
 3551 City of Ottawa Health Unit
 3553 Peel Regional Health Unit
 3565 Waterloo Health Unit
 3566 Wellington-Dufferin-Guelph Health Unit
 3568 Windsor-Essex County Health Unit

3570 York Regional Health Unit
 4822 Calgary Health Region
 4825 Capital Health
 5922 Fraser North
 5923 Fraser South
 5931 Richmond
 5933 North Shore/Coast Garibaldi

Peer Group C

1102 East Prince
 1201 Zone 1
 1202 Zone 2
 1203 Zone 3
 1204 Zone 4
 1301 Region 1
 1302 Region 2
 1303 Region 3
 1304 Region 4
 2401 Région du Bas-Saint-Laurent
 2402 Région du Saguenay – Lac-Saint Jean
 2404 Région de la Mauricie et du Centre-du-Québec
 2405 Région de l'Estrie
 2408 Région de l'Abitibi-Témiscamingue
 3526 District of Algoma Health Unit
 3547 North Bay and District Health Unit
 3561 Sudbury and District Health Unit
 3562 Thunder Bay District Health Unit
 3563 Timiskaming Health Unit
 4709 Prince Albert Parkland Regional Health Authority
 5912 Kootenay-Boundary
 5914 Thompson/Cariboo
 5943 North Vancouver Island

Peer Group D

1104 Kings
4640 Central Regional Health Authority
4645 Assiniboine Regional Health Authority
4660 Parkland Regional Health Authority
4701 Sun Country Regional Health Authority
4702 Five Hills Regional Health Authority
4703 Cypress Regional Health Authority
4705 Sunrise Regional Health Authority
4707 Heartland Regional Health Authority
4708 Kelsey Trail Regional Health Authority

Peer Group E

2412 Région de la Chaudière-Appalaches
2414 Région de Lanaudière
2415 Région de Laurentides
3531 Elgin-St Thomas Health Unit
3533 Grey Bruce Health Unit
3534 Haldimand-Norfolk Health Unit
3535 Haliburton, Kawartha, Pine Ridge District Health Unit
3539 Huron County Health Unit
3543 Leeds, Grenville and Lanark District Health Unit
3545 Muskoka-Parry Sound Health Unit
3552 Oxford County Health Unit
3554 Perth District Health Unit
3557 Renfrew County and District Health Unit
3558 Eastern Ontario Health Unit
3560 Simcoe County District Health Unit
4620 North Eastman Regional Health Authority
4625 South Eastman Regional Health Authority
4630 Interlake Regional Health Authority
4820 Chinook Regional Health Authority
4821 Palliser Health Region
4823 David Thompson Regional Health Authority
4824 East Central Health
4826 Aspen Regional Health Authority
4827 Peace Country Health
5911 East Kootenay

Peer Group F

2417 Région du Nunavik
2418 Région des Terres-Cries-de-la-Baie-James
4685 Burntwood/Churchill
4714 Mamawetan/Keewatin/Athabasca
6201 Nunavut

Peer Group G

2406 Région de Montréal-Centre
3595 City of Toronto
5932 Vancouver

Peer Group H

1006 Health Labrador Corporation
2409 Région de la Côte-Nord
2410 Région du Nord-du-Québec
3549 Northwestern Health Unit
3556 Porcupine Health Unit
4670 Norman Regional Health Authority
4710 Prairie North Regional Health Authority
4828 Northern Lights Health Region
5951 Northwest
5952 Northern Interior
5953 Northeast
6001 Yukon
6101 Northwest Territories

Peer Group I

1002 Health and Community Services
Eastern Region
1003 Health and Community Services
Central Region
1004 Health and Community Services
Western Region
1005 Grenfell Regional Health Services
Board
1101 West Prince
1205 Zone 5
1305 Region 5
1306 Region 6
1307 Region 7
2411 Région de la Gaspésie – Îles-de-la-
Madeleine

The following summary table provides an overview of the principle variables used to establish the groups:

Peer Group	Number of Health Regions	% Canadian Population	Principal characteristics
A	24	25.3%	<ul style="list-style-type: none"> • Urban-rural mix from coast to coast • Average percentage of Aboriginal population • Low male population • Slow population growth from 1996-2001
B	14	26.5%	<ul style="list-style-type: none"> • Mainly urban centres with moderately high population density • Low percentage of government transfer income • Rapid population growth from 1996 to 2001
C	23	11.4%	<ul style="list-style-type: none"> • Sparsely populated urban-rural mix from coast to coast • Average percentage of Aboriginal population • Negative population growth
D	10	1.7%	<ul style="list-style-type: none"> • Rural regions mainly in the central Prairies • Moderate Aboriginal population • Moderately high percentage of government transfer income • Almost equal numbers of men and women • Negative population growth
E	25	13.4%	<ul style="list-style-type: none"> • Mainly rural regions in Quebec, Ontario and the Prairies • High proportion of people recently moved to or within these regions since 1996 • Average percentage of Aboriginal population • Moderate population growth
F	5	0.4%	<ul style="list-style-type: none"> • Northern and remote regions • Very high Aboriginal population • Moderately high percentage of government transfer income • Slightly higher male population • Moderate population growth
G	3	16.2%	<ul style="list-style-type: none"> • Largest metro centres (Toronto, Montréal, Vancouver) with an average population density of 3,934 people per square kilometre • Low Aboriginal population • Moderate percentage of government transfer income • High female population
H	13	2.7%	<ul style="list-style-type: none"> • Rural northern regions • High Aboriginal population • High male population • Negative population growth
I	10	2.4%	<ul style="list-style-type: none"> • Mainly rural Eastern regions • Very high percentage of government transfer income • Negative population growth • Low percentage of people having moved to or within these regions since 1996

Recent changes in health region boundaries and names

There have been a number of changes affecting the health region geography in recent years. To ensure comparability across data tables in *Health Indicators*, the boundaries established in 2000 were set as a fixed reference for the first three years of the project. The health region geography and data coding tools have recently been revised to reflect the most current boundaries. The following table provides a summary of the changes since 2000. For more detailed information about health regions and health region changes, see *Health Regions: boundaries and correspondence with census geography*, Statistics Canada Cat. No. 82-402-XIE.

Summary of changes to health regions, 2000 and 2003

Prov	Health regions 2000	Units	Health Regions 2003	Units	Comments
10 NL	Community Health Regions	6	Community Health Regions	6	- no change
11 PE	Urban and rural regions	2	Health Regions	4	- now reflecting the four administrative areas
12 NS	Zones	6	Zones	6	- no change
13 NB	Health Regions	7	Health Regions	7	- no change
24 QC	<i>Régions sociosantaires</i>	18	<i>Régions sociosantaires</i>	18	- changes caused by municipal adjustments affecting regional limits only
35 ON	Public Health Units (PHUs)	37	Public Health Units (PHU)	37	- some name changes only
	District Health Councils (DHC)	16	District Health Councils (DHC)	16	- some name changes only
46 MB	Health regions	12	Regional Health Authorities	11	- RHAs Marquette and South Westman combined into one (Assiniboine), plus other minor boundary changes
47 SK	Service areas	11	Regional Health Authorities	13	- new RHAs are similar to many service area boundaries – exceptions in 4711 which is now split into three regions.
48 AB	Health Authorities	17	Regional Health Authorities	9	- total boundary revision – came into effect on April 1, 2003 - new Alberta health region names final as of July 2003

59 BC	Health Regions	20	Health Service Delivery Areas (HSDA)	16	- total boundary revision –new BC regions became final in June 2002 - in June 2003, the BC Ministry of Health approved subsequent boundary changes within Vancouver Island Health Authority affecting three HSDAs
60 YT	Territory	1	Territory	1	- no change
61 NT	Territory	1	Territory	1	- no change
62 NU	Territory	1	Territory	1	- no change

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