

# Overview of the Projected Patterns of Illness Report

## Regional Analysis

As Ontario's population ages, anticipating the future burden of chronic disease is crucial to ensuring the health care system is prepared for the rise in serious health conditions. New **analysis** and **key findings** commissioned by the Ontario Hospital Association (OHA) and conducted by the Dalla Lana School of Public Health at the University of Toronto, offer vital projections on illness trends in Ontario by 2040. Building on the 2024 report on the **Projected Pattern of Illness in Ontario**, the comprehensive study analyzed disease patterns and leveraged demographic forecasts from the Ontario Ministry of Finance to deliver a detailed regional breakdown of health system demand, underscoring the urgent need for prevention, early detection, and effective treatment of chronic disease.

This year, the study went further by looking at regional trends. By categorizing the population into “no illness,” “some illness,” and “major illness” groups, the research provides a clear overview of historical and projected illness patterns across Ontario Health Regions. This structure provides valuable insights to support health care professionals and policymakers in developing target strategies for the evolving needs of local hospitals.

This fact sheet summarizes the study's findings, presenting key provincial results and region-specific implications.

### Central Ontario Health Region (OHR)

- In the Central OHR, the top five **fastest growing** chronic conditions based on % change over time between 2020 and 2040 are kidney disease and failure, hearing loss, dementia, osteoporosis, and Crohn's and colitis.
- By 2040, the top five **most common** chronic conditions in the Central OHR based on total number of cases will be osteoarthritis, hypertension, diabetes, asthma and kidney disease and failure.
- Rates of “no illness” remain relatively stable in this OHR; however, they are projected to increase slightly among populations aged 30-39 by 2040; rising from approximately 266,000 in 2002 to approximately 390,000 by 2040.

- Rates of “some illness” are projected to increase most significantly among populations aged 40-49, with populations aged 50-59 also seeing significant projected increases. For individuals aged 40-49, we see “some illness” rates projected to increase from approximately 220,000 in 2002 to approximately 400,000 by 2040. For individuals aged 50-59, “some illness” rates are projected to increase from approximately 183,000 in 2002 to approximately 346,000 by 2040.
- Major illness growth is projected to be most notable in the 70-79 age group, increasing from approximately 57,000 in 2002, to 286,000 by 2040.

### Central OHR Key Takeaways

- Rates of “no illness” remain stable but individuals aged 30-39 may experience some growth in this area by 2040.
- Populations aged 40-59 are projected to experience the largest increase in “some illness” rates; however, populations aged 70-79 will experience the highest rates of “major illness,” which will make them a key population for these illnesses by 2040.