

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.

East Ontario Health Region (OHR)

- In the East OHR, the top five **fastest growing** chronic conditions, based on % change over time between 2020 – 2040 are kidney disease and failure, hearing loss, Crohn's and colitis, substance use disorders, and dementia.
- By 2040, the top five **most common** chronic conditions in the East OHR based on total number of cases will be osteoarthritis, hypertension, asthma, diabetes and hearing loss.
- Rates of “no illness” remain relatively stable in 2040 projections when compared to historical 2002 rates. However, notable increases can be observed in “some illness” for individuals aged 30-59. Moreover, a sharp rise can be observed in rates of “major illness” in this OHR for individuals aged 70-89.
- For individuals aged 30-39, “some illness” is projected to increase from approximately 152,000 in 2002 to approximately 304,000 by 2040. For individuals aged

40-49, “some illness” is projected to increase from approximately 203,000 to approximately 331,000 in 2040. Finally, those aged 50-59 are expected to experience an increase in rates of “some illness” from 174,000 in 2002 to approximately 292,000 by 2040.

- Among those aged 70-79, rates of “major illness” are projected to increase notably, from approximately 75,000 in 2002 to approximately 243,000 by 2040. For those aged 80-89, rates of “major illness” are projected to increase from approximately 45,000 in 2002 to approximately 216,000 in 2040.

East OHR Key Takeaways

- The most significant projected increase in the East OHR is notable in the “some illness” category across many age groups, spanning from those aged 30-59.
- However, the East OHR is also projected to have large shares of individuals experiencing “major illness” between the ages of 70-89.
- Similar to many other OHRs, rates of “no illness” are expected to remain relatively stable.