

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.

North East Ontario Health Region (OHR)

- In the North East OHR, the top five **fastest growing** chronic conditions, based on % change over time between 2020 – 2040 are substance use disorders, kidney disease and failure, hearing loss, Crohn’s and colitis, and dementia.
- By 2040, the top five **most common** chronic conditions in the North East OHR based on total number of cases will be osteoarthritis, hypertension, diabetes, asthma, and Chronic Obstructive Pulmonary Disease (COPD).
- The North East OHR is projected to experience some notable reductions in rates of “no illness” by 2040, most significantly among populations aged 30-49.
- At the same time, rates of “some illness” in this OHR remain relatively stable across most age groups.

- The most increase in this OHR can be observed among individuals experiencing “major illness” aged 70-89. For those 70-79, “major illness” rates are projected to increase from approximately 21,000 in 2002, to approximately 53,000 by 2040. For those aged 80-89, rates of “major illness” are projected to increase from approximately 10,000 in 2002 to approximately 44,000 by 2040.

North East OHR Key Takeaway

- While rates of “no illness” and “some illness” remain relatively stable, rates of “major illness” are projected to increase quite notably for individuals aged 70-89. These will be priority populations.