

# 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.

### All of Ontario

- The Ontario population aged 85 and older is estimated to be approximately 750,000 by 2040.
- The top five **fastest growing** chronic conditions in Ontario between 2020 and 2040, based on % change over time, will be kidney disease and failure, hearing loss, substance use disorders, Crohn's and colitis, and dementia.
- By 2040, the top five **most common** chronic conditions in Ontario based on total number of cases will be osteoarthritis, hypertension, diabetes, asthma and cancer.
- Multimorbidity is increasing. While projected rates of “no illness” are relatively stable among populations aged 30-79 in 2040, rates of “some illness” will increase across all age groups, with increases projected among individuals aged 30-59.

- “Major illness” is projected to increase within our province, with the largest increases among individuals aged 70 and older, increasing from approximately 350,000 in 2002 to approximately 1.1 million by 2040 for those aged 70-79, and from approximately 200,000 in 2002 to approximately 950,000 by 2040 for those aged 80-89.

### Provincial Key Takeaways

- Increases in chronic disease are seen across all age groups and are most pronounced among individuals aged 30-59.
- **Rates of “major illness” are projected to rise across all age groups by 2040**, indicating an earlier onset of chronic illness and disease. These findings highlight the need to consider ways to mitigate and manage this burden across age groups.
- The largest projected increases in “major illness” are among individuals aged 70-89.