

# 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.

### Toronto Ontario Health Region (OHR)

- In the Toronto OHR, the top five **fastest growing** chronic conditions, based on % change over time between 2020 and 2040 are kidney disease and failure, hearing loss, Crohn's and colitis, cancer, and dementia.
- By 2040, the top five **most common** chronic conditions in the Toronto OHR based on total number of cases will be osteoarthritis, hypertension, diabetes, asthma and cancer.
- Rates of “no illness” in the Toronto OHR are projected to remain stable in 2040.
- Similarly, rates of “some illness” remain relatively stable between 2002 and 2040; with minor increases realized within this time period for individuals aged 40-49 – growing from 183,000 in 2002 to approximately 251,000 in 2040. Similar trends were also observed for those aged 30-39 for “some illness”, rising from 157,000 in 2002 to 269,000 in 2040.

- While not as pronounced, projected increases can be noted in rates of “major illness” between 2002 and 2040. Most notably, this rise was observed among individuals aged 70-89 with an increase from 78,000 in 2002, to approximately 183,000 in 2040. For those aged 80-89, “major illness” is projected to increase from approximately 44,000 in 2002 to 158,000 in 2040.

### Toronto OHR Key Takeaways

- Increases in rates of “some illness,” though minor, were most notable among individuals aged 30-39.
- Rates of “major illness” are projected to be most pronounced in the Toronto OHR among individuals aged 70-89 by 2040; making these populations priorities for preventative interventions pertaining to these illnesses.