

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.

West Ontario Health Region (OHR)

- In the West OHR, the top five **fastest growing** chronic conditions, based on % change over time between 2020 and 2040 are kidney disease and failure, substance use disorders, hearing loss, Crohn's and colitis, and rheumatoid arthritis.
- By 2040, the top five **most common** chronic conditions in the West OHR based on total number of cases will be osteoarthritis, hypertension, diabetes, asthma and hearing loss.
- Similar to the province overall, growth can be observed across all age categories for “some illness” and “major illness” between 2002 and 2040. Rates of “no illness” remain relatively stable within this time period across all age groups.

- Rates of “some illness” are projected to increase most notably among individuals aged 40-49 within this OHR; rising from approximately 170,000 in 2002 to approximately 405,000 in 2040.
- Similarly, individuals aged 40-49 are also projected to experience significant growth in rates of “major illness,” increasing from approximately 260,000 to approximately 380,000 by 2040.
- Individuals aged 70-79 are also expected to experience significant growth in “major illness” rates, increasing from approximately 110,000 in 2002, to a projected 330,000 by 2040.

West OHR Key Takeaways

- While rates of “no illness” seem relatively stable, rates of “some illness” and “major illness” are increasing in this OHR.
- Specifically, individuals aged 40-49 are a key population where increases are projected for some illness and major illness.