FRAILTY INDEX
RELEASE NOTES

PRODUCT VINTAGE
2022

BASE LEVEL GEOGRAPHY
Dissemination Area

UPDATE FREQUENCY
Annual

VARIABLES
13

WHAT IT IS

The Frailty Index (FI) identifies Canadians more likely to have difficulty going about day-to-day activities in their communities due to their age, physical limitations, or health (especially conditions that are comorbidities of concern for COVID-19). Governments, health providers, retailers, restaurants, financial services and others can support these residents in running day-to-day errands, having home delivery services available (even as business closures ease) and providing help in understanding what precautions to take to protect themselves from infection. Every six-digit postal code in Canada has a Frailty Index. We included the following measures in this index:

- Population 65 years and older
- Self-reported health as poor or fair
- Self-reported presence of physical limitations
- Physically inactive
- Household income
- Prevalence of COPD, heart disease, cancer, asthma and diabetes

The Frailty Index is calculated by weighting the variables from Environics Analytics databases CommunityHealth and DemoStats. Frailty is largely a picture of senior populations across Canada, with those having higher disease prevalence scoring more strongly on the FI. Understanding the population that an organization is trying to serve is critical in designing services and communication that will resonate.

HOW IT'S USED

Public health organizations can effectively monitor and protect the neighbourhoods that are potentially at a higher risk.

Healthcare and pharmaceutical organizations can leverage the Frailty Index to better understand the evolving size and scope of their markets.

Financial and insurance services can use the index to align their products to support their market in a changing health landscape.

SAMPLE QUESTIONS IT CAN ANSWER

- Which neighbourhoods should be monitored closely?
- How many households in my jurisdiction will likely need support? How can we rank them based on need?
- Where can we allocate our resources for minimum investment and maximum impact?
- Which segments are likely the most susceptible to health related complications? What is the best way to reach out and support them?