Valemount
A primary health care approach

About Valemount
- Valemount’s population is approx. 1,500
- Incorporated in 1962, Valemount has an area of 3.92 square km. By highway, it is 300 km southeast of Prince George and 322 km north of Kamloops.
- Nearby communities/areas: Blue River / Avola, Mt. Robson to Alberta Border, Dunster, Tete Jaune, McBride. Valemount is a small community with a significant proportion of its patient base outside its limits. It is 3 hours’ drive (weather permitting) from the nearest secondary care facility (Prince George).

Why we want to make a change
- “Triple whammy:” hypertension / diabetes / cholesterol
- Frail elderly
- Chronic diseases
- Obesity/overweight
- Depression

Our data
Total patients: 3,803
Active patients: 1,732

Steps taken so far
- Weight-loss programs
- Education on chronic kidney disease, chronic cardiovascular issues, diabetes, smoking cessation, heart health, women’s health, men’s health and other programs
- Guideline-based care for multiple chronic diseases including diabetes, hypertension, asthma, and hypercholesterolemia; implementing this level of care for chronic renal failure, hepatitis C and CHF.
- Visiting clinic from an orthopedic surgeon and rheumatologist
- Mental health and home care programs in prevention