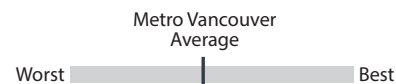**my Health my Community**

Kensington-Cedar Cottage

The chart below summarizes select indicators of health and well-being. Results for Kensington-Cedar Cottage are compared to Vancouver overall as well as the Metro Vancouver region.

Compared to Metro Vancouver
● Better   ● Similar   ● Worse   ◆ Vancouver Average

Metro Vancouver Average

Worst ▬▬▬▬ | ▬▬▬▬ Best

DOMAIN	Indicator	Kensington-Cedar Cottage (%) n = 739	Vancouver (%) n = 9,995	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	15.9	15.4	16.2	4.9		39.8
	Education level high school or less	45.2	34.4	38.0	58.5		8.9
	Household income under $40,000	40.5	38.2	31.7	75.6		6.9
	Currently employed	64.7	64.5	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	41.8	50.0	48.5	34.3		73.1
	Mental health (excellent/very good)	48.1	52.2	56.5	39.8		79.9
	Obesity (BMI 30+)	16.8	15.2	21.7	39.7		6.6
	Diabetes	7.6	6.5	7.7	19.1		2.9
	High blood pressure	10.7	14.5	17.9	29.2		8.0
	Chronic breathing condition	7.2	7.7	7.2	13.3		3.7
	Arthritis	8.2	11.6	13.1	27.6		4.6
	Mood or anxiety disorder	13.3	18.5	16.3	28.8		7.2
	Multiple chronic conditions	s	6.3	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	21.5	25.7	20.7	39.1		9.5
	Smoker (daily/occasional)	8.7	12.1	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	45.9	45.9	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	22.8	28.0	24.9	12.9		40.8
	Stress (extremely/quite stressed)	13.3	17.1	17.8	29.1		9.0
	Screen time (2+ hours/day)	47.9	49.1	47.8	59.7		32.4
	High physical wellness score (10-16)	42.7	40.9	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	80.4	76.8	83.1	60.2		99.2
	Visited health care professional (past 12 months)	78.2	81.2	80.4	63.9		90.1
	Visited physician with appointment	68.4	69.6	75.0	60.8		91.6
	Visited walk-in clinic without appointment	17.6	19.4	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	40.6	32.7	55.1	92.0		10.7
	Commute - public transit	40.4	38.9	28.2	5.9		53.9
	Commute - walk or cycle	16.4	25.7	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	55.8	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	25.0	38.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	30.5	32.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	73.5	79.8	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	75.2	81.4	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	86.4	91.5	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	25.2	24.1	26.7	16.6		46.6
	Food secure (enough to eat)	90.8	91.5	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	55.0	53.8	55.9	29.0		82.6
	4+ people to confide in/turn to for help	47.6	49.5	45.0	26.8		60.6

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed.

For indicator definitions, please refer to Technical Notes at www.myhealthmycommunity.org/Results/TechnicalNotes