

## Cape Horn & River Heights

The chart below summarizes select indicators of health and well-being. Results for Cape Horn & River Heights are compared to Coquitlam overall as well as the Metro Vancouver region.

### Compared to Metro Vancouver

● Better   ● Similar   ● Worse   ◆ Coquitlam Average



DOMAIN	Indicator	Cape Horn/River Heights (%) n = 129	Coquitlam (%) n = 993	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	s	14.1	16.2	4.9		39.8
	Education level high school or less	28.7	34.6	38.0	58.5		8.9
	Household income under \$40,000	s	20.9	31.7	75.6		6.9
	Currently employed	79.2	70.8	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	50.4	52.1	48.5	34.3		73.1
	Mental health (excellent/very good)	52.0	59.2	56.5	39.8		79.9
	Obesity (BMI 30+)	20.8	21.0	21.7	39.7		6.6
	Diabetes	s	6.0	7.7	19.1		2.9
	High blood pressure	10.6	14.9	17.9	29.2		8.0
	Chronic breathing condition	s	6.1	7.2	13.3		3.7
	Arthritis	9.6	10.7	13.1	27.6		4.6
	Mood or anxiety disorder	14.9	13.9	16.3	28.8		7.2
	Multiple chronic conditions	s	6.2	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	25.6	20.3	20.7	39.1		9.5
	Smoker (daily/occasional)	s	11.7	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	44.6	38.2	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	30.5	24.2	24.9	12.9		40.8
	Stress (extremely/quite stressed)	23.1	19.5	17.8	29.1		9.0
	Screen time (2+ hours/day)	39.7	48.4	47.8	59.7		32.4
	High physical wellness score (10-16)	33.0	31.6	37.7	21.1		52.1
	<b>PRIMARY CARE ACCESS</b>	Family doctor access	84.8	85.4	83.1	60.2	
Visited health care professional (past 12 months)		75.1	77.1	80.4	63.9		90.1
<i>Visited physician with appointment</i>		83.0	76.7	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>		s	16.3	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	76.2	67.6	55.1	92.0		10.7
	Commute - public transit	17.7	24.8	28.2	5.9		53.9
	Commute - walk or cycle	s	5.6	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	58.1	66.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	5.9	19.8	4.2		77.4
	Second hand smoke exposure (public places)	20.9	25.3	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	81.9	76.6	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	41.0	58.8	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	81.9	83.8	84.0	37.5		97.5
<b>COMMUNITY RESILIENCY</b>	Emergency supplies (3+ days)	29.3	24.6	26.7	16.6		46.6
	Food secure (enough to eat)	94.6	95.4	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	55.3	53.0	55.9	29.0		82.6
	4+ people to confide in/turn to for help	49.7	45.1	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](http://www.myhealthmycommunity.org/Results/TechnicalNotes)

