

Cariboo, Burquitlam & Maillardville

The chart below summarizes select indicators of health and well-being. Results for Cariboo, Burquitlam & Maillardville are compared to Coquitlam overall as well as the Metro Vancouver region.

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Coquitlam Average



DOMAIN	Indicator	Cariboo, Burquitlam & Maillardville (%) n = 231	Coquitlam (%) n = 993	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	11.4	14.1	16.2	4.9		39.8
	Education level high school or less	33.0	34.6	38.0	58.5		8.9
	Household income under \$40,000	34.5	20.9	31.7	75.6		6.9
	Currently employed	68.0	70.8	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	58.5	52.1	48.5	34.3		73.1
	Mental health (excellent/very good)	62.0	59.2	56.5	39.8		79.9
	Obesity (BMI 30+)	21.8	21.0	21.7	39.7		6.6
	Diabetes	7.5	6.0	7.7	19.1		2.9
	High blood pressure	12.5	14.9	17.9	29.2		8.0
	Chronic breathing condition	9.3	6.1	7.2	13.3		3.7
	Arthritis	9.7	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
LIFESTYLE	Binge drinking (1+ times/month)	20.8	20.3	20.7	39.1		9.5
	Smoker (daily/occasional)	12.6	11.7	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	29.7	38.2	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	24.7	24.2	24.9	12.9		40.8
	Stress (extremely/quite stressed)	20.4	19.5	17.8	29.1		9.0
	Screen time (2+ hours/day)	49.0	48.4	47.8	59.7		32.4
	High physical wellness score (10-16)	27.1	31.6	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	80.3	85.4	83.1	60.2		99.2
	Visited health care professional (past 12 months)	75.1	77.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	73.6	76.7	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	16.4	16.3	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	58.8	67.6	55.1	92.0		10.7
	Commute - public transit	36.5	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)	63.7	66.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	14.1	5.9	19.8	4.2		77.4
	Second hand smoke exposure (public places)	32.6	25.3	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	67.5	76.6	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	67.0	58.8	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	87.2	83.8	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	23.9	24.6	26.7	16.6		46.6
	Food secure (enough to eat)	96.0	95.4	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	45.8	53.0	55.9	29.0		82.6
	4+ people to confide in/turn to for help	37.7	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

