

Central Port Coquitlam

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Port Coquitlam Average



DOMAIN	Indicator	Central Port Coquitlam (%) n = 314	Port Coquitlam (%) n = 624	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	10.5	11.9	16.2	4.9		39.8
	Education level high school or less	39.2	39.8	38.0	58.5		8.9
	Household income under \$40,000	17.1	14.8	31.7	75.6		6.9
	Currently employed	74.6	73.9	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	51.8	46.9	48.5	34.3		73.1
	Mental health (excellent/very good)	62.9	58.1	56.5	39.8		79.9
	Obesity (BMI 30+)	36.9	31.6	21.7	39.7		6.6
	Diabetes	5.6	5.0	7.7	19.1		2.9
	High blood pressure	23.4	22.2	17.9	29.2		8.0
	Chronic breathing condition	8.9	8.3	7.2	13.3		3.7
	Arthritis	16.9	14.1	13.1	27.6		4.6
	Mood or anxiety disorder	16.3	17.5	16.3	28.8		7.2
	Multiple chronic conditions	6.6	5.9	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	27.0	23.4	20.7	39.1		9.5
	Smoker (daily/occasional)	13.2	10.0	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	45.7	47.2	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	21.8	23.9	24.9	12.9		40.8
	Stress (extremely/quite stressed)	15.9	16.2	17.8	29.1		9.0
	Screen time (2+ hours/day)	51.6	48.2	47.8	59.7		32.4
	High physical wellness score (10-16)	39.3	35.1	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	90.3	92.0	83.1	60.2		99.2
	Visited health care professional (past 12 months)	81.3	81.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	81.2	84.6	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	13.1	10.6	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	66.7	69.1	55.1	92.0		10.7
	Commute - public transit	19.7	22.0	28.2	5.9		53.9
	Commute - walk or cycle	8.9	5.7	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	58.3	62.3	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	12.2	8.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	28.3	23.9	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	80.9	79.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	85.8	59.1	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	88.0	85.9	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	26.0	29.5	26.7	16.6		46.6
	Food secure (enough to eat)	97.7	95.4	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	54.9	56.2	55.9	29.0		82.6
	4+ people to confide in/turn to for help	37.2	39.3	45.0	26.8		60.6

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

