

Downtown New Westminster

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ New Westminster Average



DOMAIN	Indicator	Downtown New Westminster (%) n = 234	New Westminster (%) n = 1,085	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	14.0	15.6	16.2	4.9		39.8
	Education level high school or less	26.6	36.6	38.0	58.5		8.9
	Household income under \$40,000	23.3	31.5	31.7	75.6		6.9
	Currently employed	73.4	66.8	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	48.1	46.0	48.5	34.3		73.1
	Mental health (excellent/very good)	60.9	57.1	56.5	39.8		79.9
	Obesity (BMI 30+)	23.0	26.8	21.7	39.7		6.6
	Diabetes	8.9	10.8	7.7	19.1		2.9
	High blood pressure	16.2	19.2	17.9	29.2		8.0
	Chronic breathing condition	s	7.9	7.2	13.3		3.7
	Arthritis	9.7	13.6	13.1	27.6		4.6
	Mood or anxiety disorder	15.0	20.7	16.3	28.8		7.2
	Multiple chronic conditions	11.4	8.9	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	27.1	24.8	20.7	39.1		9.5
	Smoker (daily/occasional)	14.5	14.5	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	40.0	44.7	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	19.1	24.3	24.9	12.9		40.8
	Stress (extremely/quite stressed)	20.8	18.0	17.8	29.1		9.0
	Screen time (2+ hours/day)	54.0	52.1	47.8	59.7		32.4
	High physical wellness score (10-16)	27.7	39.4	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	68.5	78.5	83.1	60.2		99.2
	Visited health care professional (past 12 months)	81.0	81.5	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	63.8	71.8	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	30.0	18.4	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	39.9	47.5	55.1	92.0		10.7
	Commute - public transit	46.8	34.5	28.2	5.9		53.9
	Commute - walk or cycle	s	16.5	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	50.5	57.9	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	34.2	24.9	19.8	4.2		77.4
	Second hand smoke exposure (public places)	32.2	32.2	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	84.2	77.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	92.3	82.3	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	94.1	91.3	84.0	37.5		97.5
	Emergency supplies (3+ days)	27.2	27.8	26.7	16.6		46.6
	Food secure (enough to eat)	95.0	89.8	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	65.1	60.4	55.9	29.0		82.6
	4+ people to confide in/turn to for help	53.1	43.4	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

