

Elgin & Semiahmoo

The chart below summarizes select indicators of health and well-being. Results for Elgin & Semiahmoo are compared to Surrey overall as well as the Metro Vancouver region.

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Surrey Average



DOMAIN	Indicator	Elgin & Semiahmoo (%) n = 255	Surrey (%) n = 3,683	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	30.4	15.7	16.2	4.9		39.8
	Education level high school or less	28.7	47.5	38.0	58.5		8.9
	Household income under \$40,000	17.9	33.4	31.7	75.6		6.9
	Currently employed	58.4	64.1	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	47.7	45.5	48.5	34.3		73.1
	Mental health (excellent/very good)	63.0	59.6	56.5	39.8		79.9
	Obesity (BMI 30+)	24.5	28.1	21.7	39.7		6.6
	Diabetes	8.7	11.5	7.7	19.1		2.9
	High blood pressure	29.0	20.6	17.9	29.2		8.0
	Chronic breathing condition	6.9	6.7	7.2	13.3		3.7
	Arthritis	18.5	13.8	13.1	27.6		4.6
	Mood or anxiety disorder	19.3	15.2	16.3	28.8		7.2
	Multiple chronic conditions	11.5	10.3	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	21.2	17.2	20.7	39.1		9.5
	Smoker (daily/occasional)	11.7	11.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	41.5	41.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	26.5	20.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	16.8	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	58.9	45.6	47.8	59.7		32.4
	High physical wellness score (10-16)	32.6	35.3	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	95.2	84.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	89.3	80.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	76.1	73.9	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	11.5	18.3	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	77.2	65.5	55.1	92.0		10.7
	Commute - public transit	s	23.7	28.2	5.9		53.9
	Commute - walk or cycle	10.7	6.9	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	54.7	58.0	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	12.4	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	11.5	25.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	84.2	72.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	69.0	63.8	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	85.4	77.8	84.0	37.5		97.5
	Emergency supplies (3+ days)	33.3	25.0	26.7	16.6		46.6
	Food secure (enough to eat)	95.7	92.6	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	62.7	53.6	55.9	29.0		82.6
	4+ people to confide in/turn to for help	53.7	40.9	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

