

Fraser Heights

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Surrey Average



DOMAIN	Indicator	Fraser Heights (%) n = 124	Surrey (%) n = 3,683	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	s	15.7	16.2	4.9		39.8
	Education level high school or less	27.4	47.5	38.0	58.5		8.9
	Household income under \$40,000	20.5	33.4	31.7	75.6		6.9
	Currently employed	75.4	64.1	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	48.7	45.5	48.5	34.3		73.1
	Mental health (excellent/very good)	56.9	59.6	56.5	39.8		79.9
	Obesity (BMI 30+)	14.2	28.1	21.7	39.7		6.6
	Diabetes	s	11.5	7.7	19.1		2.9
	High blood pressure	s	20.6	17.9	29.2		8.0
	Chronic breathing condition	s	6.7	7.2	13.3		3.7
	Arthritis	8.6	13.8	13.1	27.6		4.6
	Mood or anxiety disorder	8.2	15.2	16.3	28.8		7.2
	Multiple chronic conditions	s	10.3	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	13.9	17.2	20.7	39.1		9.5
	Smoker (daily/occasional)	s	11.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	33.2	41.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	23.6	20.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	15.2	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	46.5	45.6	47.8	59.7		32.4
	High physical wellness score (10-16)	29.3	35.3	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	90.3	84.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	63.9	80.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	86.0	73.9	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	s	18.3	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	66.0	65.5	55.1	92.0		10.7
	Commute - public transit	31.0	23.7	28.2	5.9		53.9
	Commute - walk or cycle	s	6.9	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	54.2	58.0	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	24.2	25.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	81.0	72.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	58.5	63.8	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	71.4	77.8	84.0	37.5		97.5
	Emergency supplies (3+ days)	34.5	25.0	26.7	16.6		46.6
	Food secure (enough to eat)	95.5	92.6	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	55.9	53.6	55.9	29.0		82.6
	4+ people to confide in/turn to for help	40.6	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

