

## Guildford

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

### Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Surrey Average



DOMAIN	Indicator	Guildford (%) n = 280	Surrey (%) n = 3,683	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	11.1	15.7	16.2	4.9		39.8
	Education level high school or less	41.4	47.5	38.0	58.5		8.9
	Household income under \$40,000	40.5	33.4	31.7	75.6		6.9
	Currently employed	65.1	64.1	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	42.0	45.5	48.5	34.3		73.1
	Mental health (excellent/very good)	58.0	59.6	56.5	39.8		79.9
	Obesity (BMI 30+)	38.4	28.1	21.7	39.7		6.6
	Diabetes	9.5	11.5	7.7	19.1		2.9
	High blood pressure	19.1	20.6	17.9	29.2		8.0
	Chronic breathing condition	5.5	6.7	7.2	13.3		3.7
	Arthritis	12.6	13.8	13.1	27.6		4.6
	Mood or anxiety disorder	18.2	15.2	16.3	28.8		7.2
<b>LIFESTYLE</b>	Multiple chronic conditions	7.5	10.3	7.9	16.3		2.6
	Binge drinking (1+ times/month)	18.3	17.2	20.7	39.1		9.5
	Smoker (daily/occasional)	13.5	11.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	37.2	41.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	20.1	20.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	14.6	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	47.3	45.6	47.8	59.7		32.4
<b>PRIMARY CARE ACCESS</b>	High physical wellness score (10-16)	30.3	35.3	37.7	21.1		52.1
	Family doctor access	83.0	84.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	78.6	80.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	73.7	73.9	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>	22.8	18.3	16.5	30.7		4.5	
<b>BUILT ENVIRONMENT</b>	Commute - car	62.3	65.5	55.1	92.0		10.7
	Commute - public transit	25.1	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)	59.1	58.0	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	13.1	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	37.7	25.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	71.8	72.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	78.2	63.8	69.5	10.1		96.7
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	74.9	77.8	84.0	37.5		97.5
	Emergency supplies (3+ days)	24.7	25.0	26.7	16.6		46.6
	Food secure (enough to eat)	92.0	92.6	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	55.1	53.6	55.9	29.0		82.6
4+ people to confide in/turn to for help	35.6	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](http://www.myhealthmycommunity.org/Results/TechnicalNotes)

