

Hammond

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Maple Ridge Average



DOMAIN	Indicator	Hammond (%) n = 193	Maple Ridge (%) n = 783	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	8.8	13.8	16.2	4.9		39.8
	Education level high school or less	42.0	41.9	38.0	58.5		8.9
	Household income under \$40,000	14.7	23.8	31.7	75.6		6.9
	Currently employed	77.1	69.6	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	47.4	43.3	48.5	34.3		73.1
	Mental health (excellent/very good)	51.5	51.7	56.5	39.8		79.9
	Obesity (BMI 30+)	34.7	32.8	21.7	39.7		6.6
	Diabetes	7.1	8.3	7.7	19.1		2.9
	High blood pressure	17.3	19.5	17.9	29.2		8.0
	Chronic breathing condition	6.2	7.8	7.2	13.3		3.7
	Arthritis	21.2	15.8	13.1	27.6		4.6
	Mood or anxiety disorder	17.9	25.8	16.3	28.8		7.2
LIFESTYLE	Multiple chronic conditions	7.4	7.1	7.9	16.3		2.6
	Binge drinking (1+ times/month)	37.9	23.9	20.7	39.1		9.5
	Smoker (daily/occasional)	s	14.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	46.6	47.2	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	22.4	23.8	24.9	12.9		40.8
	Stress (extremely/quite stressed)	24.6	26.3	17.8	29.1		9.0
	Screen time (2+ hours/day)	54.7	53.9	47.8	59.7		32.4
PRIMARY CARE ACCESS	High physical wellness score (10-16)	40.4	32.4	37.7	21.1		52.1
	Family doctor access	92.5	89.0	83.1	60.2		99.2
	Visited health care professional (past 12 months)	87.6	79.9	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	77.2	81.3	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>	s	9.9	16.5	30.7		4.5	
BUILT ENVIRONMENT	Commute - car	81.7	75.1	55.1	92.0		10.7
	Commute - public transit	5.9	10.2	28.2	5.9		53.9
	Commute - walk or cycle	11.6	13.0	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	48.0	54.3	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	15.3	19.8	4.2		77.4
	Second hand smoke exposure (public places)	21.6	22.4	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	71.8	69.5	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	61.3	48.9	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	82.1	75.5	84.0	37.5		97.5
	Emergency supplies (3+ days)	35.0	28.3	26.7	16.6		46.6
	Food secure (enough to eat)	96.6	87.7	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	64.7	56.3	55.9	29.0		82.6
4+ people to confide in/turn to for help	50.4	46.2	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

