

Hopington & Murrayville

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Langley Average



DOMAIN	Indicator	Hopington & Murrayville (%) n = 138	Langley Township (%) n = 982	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	16.8	16.3	16.2	4.9		39.8
	Education level high school or less	30.9	41.6	38.0	58.5		8.9
	Household income under \$40,000	14.2	18.1	31.7	75.6		6.9
	Currently employed	73.7	70.4	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	40.1	50.1	48.5	34.3		73.1
	Mental health (excellent/very good)	58.4	62.7	56.5	39.8		79.9
	Obesity (BMI 30+)	28.2	29.0	21.7	39.7		6.6
	Diabetes	s	6.3	7.7	19.1		2.9
	High blood pressure	12.2	14.4	17.9	29.2		8.0
	Chronic breathing condition	7.3	8.4	7.2	13.3		3.7
	Arthritis	17.2	13.7	13.1	27.6		4.6
	Mood or anxiety disorder	17.8	15.1	16.3	28.8		7.2
	Multiple chronic conditions	8.3	8.5	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	21.5	20.1	20.7	39.1		9.5
	Smoker (daily/occasional)	s	8.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	46.8	48.8	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	27.9	26.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	20.0	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	44.4	42.7	47.8	59.7		32.4
	High physical wellness score (10-16)	30.1	35.2	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	89.4	87.0	83.1	60.2		99.2
	Visited health care professional (past 12 months)	79.6	78.4	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	60.8	75.1	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	30.7	16.2	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	92.0	80.7	55.1	92.0		10.7
	Commute - public transit	s	8.1	28.2	5.9		53.9
	Commute - walk or cycle	s	7.2	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	43.1	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	6.6	19.8	4.2		77.4
	Second hand smoke exposure (public places)	9.7	14.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	64.3	67.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	42.6	61.7	69.5	10.1		96.7
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	31.3	27.1	26.7	16.6		46.6
	Food secure (enough to eat)	97.5	93.1	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	58.6	56.8	55.9	29.0		82.6
	4+ people to confide in/turn to for help	45.5	47.8	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

