

## Kensington-Cedar Cottage

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

### Compared to Metro Vancouver

● Better   ● Similar   ● Worse   ◆ Vancouver Average



| DOMAIN  | Indicator   | Kensington-Cedar Cottage (%)<br>n = 739 | Vancouver (%)<br>n = 9,995 | Metro Vancouver (%)<br>n = 28,128 | Metro Vancouver Worst (%) | Summary Chart | Metro Vancouver Best (%) |
|---|---|---|----------------------------|-----------------------------------|---------------------------|---------------|--------------------------|
| <b>SOCIO-ECONOMIC</b>                             | Seniors aged 65+ years  | 15.9                                    | 15.4                       | 16.2                              | 4.9                       |               | 39.8                     |
|   | Education level high or less  | 45.2                                    | 34.4                       | 38.0                              | 58.5                      |               | 8.9                      |
|   | Household income under \$40,000                                     | 40.5                                    | 38.2                       | 31.7                              | 75.6                      |               | 6.9                      |
|   | Currently employed  | 64.7                                    | 64.5                       | 64.7                              | 39.4                      |               | 90.5                     |
| <b>HEALTH STATUS</b>                              | General health (excellent/very good)                                | 41.8                                    | 50.0                       | 48.5                              | 34.3                      |               | 73.1                     |
|   | Mental health (excellent/very good)                                 | 48.1                                    | 52.2                       | 56.5                              | 39.8                      |               | 79.9                     |
|   | Obesity (BMI 30+)   | 16.8                                    | 15.2                       | 21.7                              | 39.7                      |               | 6.6                      |
|   | Diabetes  | 7.6                                     | 6.5                        | 7.7                               | 19.1                      |               | 2.9                      |
|   | High blood pressure   | 10.7                                    | 14.5                       | 17.9                              | 29.2                      |               | 8.0                      |
|   | Chronic breathing condition   | 7.2                                     | 7.7                        | 7.2                               | 13.3                      |               | 3.7                      |
|   | Arthritis   | 8.2                                     | 11.6                       | 13.1                              | 27.6                      |               | 4.6                      |
|   | Mood or anxiety disorder  | 13.3                                    | 18.5                       | 16.3                              | 28.8                      |               | 7.2                      |
|   | Multiple chronic conditions   | s                                       | 6.3                        | 7.9                               | 16.3                      |               | 2.6                      |
| <b>LIFESTYLE</b>                                  | Binge drinking (1+ times/month)                                     | 21.5                                    | 25.7                       | 20.7                              | 39.1                      |               | 9.5                      |
|   | Smoker (daily/occasional)   | 8.7                                     | 12.1                       | 10.6                              | 29.5                      |               | 3.0                      |
|   | Physical activity (150+ minutes/week)                               | 45.9                                    | 45.9                       | 44.1                              | 26.9                      |               | 62.1                     |
|   | 5+ servings of fruits and vegetables (/day)                         | 22.8                                    | 28.0                       | 24.9                              | 12.9                      |               | 40.8                     |
|   | Stress (extremely/quite stressed)                                   | 13.3                                    | 17.1                       | 17.8                              | 29.1                      |               | 9.0                      |
|   | Screen time (2+ hours/day)  | 47.9                                    | 49.1                       | 47.8                              | 59.7                      |               | 32.4                     |
|   | High physical wellness score (10-16)                                | 42.7                                    | 40.9                       | 37.7                              | 21.1                      |               | 52.1                     |
|   | <b>PRIMARY CARE ACCESS</b>  | Family doctor access                    | 80.4                       | 76.8                              | 83.1                      | 60.2          |                          |
| Visited health care professional (past 12 months) |   | 78.2                                    | 81.2                       | 80.4                              | 63.9                      |               | 90.1                     |
| <i>Visited physician with appointment</i>         |   | 68.4                                    | 69.6                       | 75.0                              | 60.8                      |               | 91.6                     |
| <i>Visited walk-in clinic without appointment</i> |   | 17.6                                    | 19.4                       | 16.5                              | 30.7                      |               | 4.5                      |
| <b>BUILT ENVIRONMENT</b>                          | Commute - car   | 40.6                                    | 32.7                       | 55.1                              | 92.0                      |               | 10.7                     |
|   | Commute - public transit  | 40.4                                    | 38.9                       | 28.2                              | 5.9                       |               | 53.9                     |
|   | Commute - walk or cycle   | 16.4                                    | 25.7                       | 13.7                              | 4.7                       |               | 52.3                     |
|   | Commute time (one way 30+ minutes)                                  | 55.8                                    | 52.6                       | 56.0                              | 81.3                      |               | 38.8                     |
|   | Primary mode to run errands - walk or cycle                         | 25.0                                    | 38.1                       | 19.8                              | 4.2                       |               | 77.4                     |
|   | Second hand smoke exposure (public places)                          | 30.5                                    | 32.0                       | 26.6                              | 43.7                      |               | 7.9                      |
|   | Sidewalks well maintained (strongly/somewhat agree)                 | 73.5                                    | 79.8                       | 75.5                              | 4.9                       |               | 90.9                     |
|   | Amenities within walking/cycling distance (strongly/somewhat agree) | 75.2                                    | 81.4                       | 69.5                              | 10.1                      |               | 96.7                     |
|   | Transit stop (less than 5 minute walk)                              | 86.4                                    | 91.5                       | 84.0                              | 37.5                      |               | 97.5                     |
| <b>COMMUNITY RESILIENCY</b>                       | Emergency supplies (3+ days)  | 25.2                                    | 24.1                       | 26.7                              | 16.6                      |               | 46.6                     |
|   | Food secure (enough to eat)   | 90.8                                    | 91.5                       | 93.0                              | 74.4                      |               | 100.0                    |
|   | Community belonging (strong/somewhat strong)                        | 55.0                                    | 53.8                       | 55.9                              | 29.0                      |               | 82.6                     |
|   | 4+ people to confide in/turn to for help                            | 47.6                                    | 49.5                       | 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)

