

Ladner

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Delta Average

Metro Vancouver Average
Worst ————— Best

DOMAIN	Indicator	Ladner (%) n = 253	Delta (%) n = 1,228	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	19.2	19.2	16.2	4.9		39.8
	Education level high school or less	39.2	41.9	38.0	58.5		8.9
	Household income under \$40,000	13.8	21.6	31.7	75.6		6.9
	Currently employed	64.7	62.0	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	52.5	51.0	48.5	34.3		73.1
	Mental health (excellent/very good)	60.6	61.6	56.5	39.8		79.9
	Obesity (BMI 30+)	34.3	26.6	21.7	39.7		6.6
	Diabetes	7.9	9.8	7.7	19.1		2.9
	High blood pressure	24.5	21.0	17.9	29.2		8.0
	Chronic breathing condition	6.6	7.4	7.2	13.3		3.7
	Arthritis	17.7	16.7	13.1	27.6		4.6
	Mood or anxiety disorder	15.4	15.5	16.3	28.8		7.2
LIFESTYLE	Multiple chronic conditions	12.6	10.7	7.9	16.3		2.6
	Binge drinking (1+ times/month)	18.6	19.8	20.7	39.1		9.5
	Smoker (daily/occasional)	s	8.7	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	49.3	46.0	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	29.8	25.0	24.9	12.9		40.8
	Stress (extremely/quite stressed)	15.8	17.9	17.8	29.1		9.0
	Screen time (2+ hours/day)	46.8	44.7	47.8	59.7		32.4
	High physical wellness score (10-16)	37.5	34.6	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	94.5	90.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	83.7	84.4	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	88.9	85.6	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	6.8	9.8	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	72.8	71.5	55.1	92.0		10.7
	Commute - public transit	14.9	16.1	28.2	5.9		53.9
	Commute - walk or cycle	8.3	8.4	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	50.3	55.8	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	20.0	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	13.7	19.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	79.4	69.9	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	76.7	65.8	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	84.2	77.9	84.0	37.5		97.5
	Emergency supplies (3+ days)	37.0	32.0	26.7	16.6		46.6
	Food secure (enough to eat)	97.1	96.4	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	74.3	69.4	55.9	29.0		82.6
	4+ people to confide in/turn to for help	53.4	45.5	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

