

Langley City

The chart below summarizes select indicators of health and well-being. Results for Langley City are compared to the Metro Vancouver region.

Compared to Metro Vancouver
● Better ● Similar ● Worse



DOMAIN	Indicator	Langley City (%) n = 333	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	19.5	16.2	4.9		39.8
	Education level high school or less	47.3	38.0	58.5		8.9
	Household income under \$40,000	37.4	31.7	75.6		6.9
	Currently employed	55.0	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	40.7	48.5	34.3		73.1
	Mental health (excellent/very good)	55.9	56.5	39.8		79.9
	Obesity (BMI 30+)	35.8	21.7	39.7		6.6
	Diabetes	9.5	7.7	19.1		2.9
	High blood pressure	18.5	17.9	29.2		8.0
	Chronic breathing condition	9.4	7.2	13.3		3.7
	Arthritis	19.7	13.1	27.6		4.6
	Mood or anxiety disorder	24.3	16.3	28.8		7.2
	Multiple chronic conditions	8.7	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	15.1	20.7	39.1		9.5
	Smoker (daily/occasional)	18.3	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	40.9	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	24.4	24.9	12.9		40.8
	Stress (extremely/quite stressed)	16.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	51.8	47.8	59.7		32.4
	High physical wellness score (10-16)	28.4	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	79.4	83.1	60.2		99.2
	Visited health care professional (past 12 months)	79.2	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	71.3	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	18.1	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	65.3	55.1	92.0		10.7
	Commute - public transit	8.9	28.2	5.9		53.9
	Commute - walk or cycle	20.9	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	55.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	20.2	19.8	4.2		77.4
	Second hand smoke exposure (public places)	29.4	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	78.8	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	74.1	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	85.1	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	23.5	26.7	16.6		46.6
	Food secure (enough to eat)	94.1	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	55.4	55.9	29.0		82.6
	4+ people to confide in/turn to for help	37.0	45.0	26.8		60.6

For indicator definitions, please refer to Technical Notes at www.myhealthmycommunity.org/Results/TechnicalNotes

