

## Lochdale & Westridge

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

### Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Burnaby Average



DOMAIN	Indicator	Lochdale & Westridge (%) n = 110	Burnaby (%) n = 2,193	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	s	16.4	16.2	4.9		39.8
	Education level high school or less	35.0	36.5	38.0	58.5		8.9
	Household income under \$40,000	18.6	34.2	31.7	75.6		6.9
	Currently employed	72.9	63.9	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	48.9	46.2	48.5	34.3		73.1
	Mental health (excellent/very good)	42.1	54.0	56.5	39.8		79.9
	Obesity (BMI 30+)	13.5	19.2	21.7	39.7		6.6
	Diabetes	s	6.0	7.7	19.1		2.9
	High blood pressure	18.1	18.9	17.9	29.2		8.0
	Chronic breathing condition	s	7.1	7.2	13.3		3.7
	Arthritis	s	12.9	13.1	27.6		4.6
	Mood or anxiety disorder	7.4	13.9	16.3	28.8		7.2
	Multiple chronic conditions	s	8.5	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	19.1	15.3	20.7	39.1		9.5
	Smoker (daily/occasional)	s	8.7	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	40.3	40.1	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	24.0	23.9	24.9	12.9		40.8
	Stress (extremely/quite stressed)	18.3	18.4	17.8	29.1		9.0
	Screen time (2+ hours/day)	42.8	48.1	47.8	59.7		32.4
	High physical wellness score (10-16)	28.4	35.5	37.7	21.1		52.1
	<b>PRIMARY CARE ACCESS</b>	Family doctor access	85.5	80.7	83.1	60.2	
Visited health care professional (past 12 months)		72.6	77.2	80.4	63.9		90.1
<i>Visited physician with appointment</i>		78.8	75.5	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>		s	16.1	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	56.3	51.6	55.1	92.0		10.7
	Commute - public transit	31.5	38.0	28.2	5.9		53.9
	Commute - walk or cycle	s	8.5	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	56.0	63.8	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	14.9	19.8	4.2		77.4
	Second hand smoke exposure (public places)	30.0	30.4	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	75.4	75.7	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	56.6	65.0	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	85.6	82.5	84.0	37.5		97.5
<b>COMMUNITY RESILIENCY</b>	Emergency supplies (3+ days)	18.2	28.4	26.7	16.6		46.6
	Food secure (enough to eat)	98.4	94.3	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	49.3	49.1	55.9	29.0		82.6
	4+ people to confide in/turn to for help	34.3	40.1	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)

