

Maple Ridge North

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Maple Ridge Average



DOMAIN	Indicator	Maple Ridge North (%) n = 110	Maple Ridge (%) n = 783	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	s	13.8	16.2	4.9		39.8
	Education level high school or less	30.5	41.9	38.0	58.5		8.9
	Household income under \$40,000	s	23.8	31.7	75.6		6.9
	Currently employed	84.5	69.6	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	58.8	43.3	48.5	34.3		73.1
	Mental health (excellent/very good)	54.2	51.7	56.5	39.8		79.9
	Obesity (BMI 30+)	28.4	32.8	21.7	39.7		6.6
	Diabetes	s	8.3	7.7	19.1		2.9
	High blood pressure	s	19.5	17.9	29.2		8.0
	Chronic breathing condition	s	7.8	7.2	13.3		3.7
	Arthritis	s	15.8	13.1	27.6		4.6
	Mood or anxiety disorder	10.4	25.8	16.3	28.8		7.2
	Multiple chronic conditions	s	7.1	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	39.1	23.9	20.7	39.1		9.5
	Smoker (daily/occasional)	s	14.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	56.6	47.2	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	21.5	23.8	24.9	12.9		40.8
	Stress (extremely/quite stressed)	22.9	26.3	17.8	29.1		9.0
	Screen time (2+ hours/day)	48.4	53.9	47.8	59.7		32.4
	High physical wellness score (10-16)	30.0	32.4	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	92.3	89.0	83.1	60.2		99.2
	Visited health care professional (past 12 months)	79.2	79.9	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	83.7	81.3	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	s	9.9	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	89.9	75.1	55.1	92.0		10.7
	Commute - public transit	s	10.2	28.2	5.9		53.9
	Commute - walk or cycle	s	13.0	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	58.6	54.3	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	15.3	19.8	4.2		77.4
	Second hand smoke exposure (public places)	16.6	22.4	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	55.1	69.5	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	10.1	48.9	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	37.5	75.5	84.0	37.5		97.5
	Emergency supplies (3+ days)	46.6	28.3	26.7	16.6		46.6
	Food secure (enough to eat)	95.2	87.7	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	60.1	56.3	55.9	29.0		82.6
	4+ people to confide in/turn to for help	40.8	46.2	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

