

Middlegate & Windsor

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Burnaby Average



DOMAIN	Indicator	Middlegate & Windsor (%) n = 140	Burnaby (%) n = 2,193	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	14.6	16.4	16.2	4.9		39.8
	Education level high school or less	24.2	36.5	38.0	58.5		8.9
	Household income under \$40,000	31.7	34.2	31.7	75.6		6.9
	Currently employed	73.9	63.9	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	44.5	46.2	48.5	34.3		73.1
	Mental health (excellent/very good)	54.3	54.0	56.5	39.8		79.9
	Obesity (BMI 30+)	22.0	19.2	21.7	39.7		6.6
	Diabetes	s	6.0	7.7	19.1		2.9
	High blood pressure	13.5	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	12.2	13.9	16.3	28.8		7.2
	Multiple chronic conditions	s	8.5	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	13.9	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)	39.2	40.1	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	17.6	23.9	24.9	12.9		40.8
	Stress (extremely/quite stressed)	18.5	18.4	17.8	29.1		9.0
	Screen time (2+ hours/day)	55.7	48.1	47.8	59.7		32.4
	High physical wellness score (10-16)	22.2	35.5	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	84.9	80.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	77.0	77.2	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	79.7	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
BUILT ENVIRONMENT	Commute - car	58.2	51.6	55.1	92.0		10.7
	Commute - public transit	37.0	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)	64.6	63.8	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	13.8	14.9	19.8	4.2		77.4
	Second hand smoke exposure (public places)	38.1	30.4	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	81.5	75.7	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	85.4	65.0	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	88.9	82.5	84.0	37.5		97.5
	Emergency supplies (3+ days)	26.3	28.4	26.7	16.6		46.6
	Food secure (enough to eat)	93.2	94.3	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	43.4	49.1	55.9	29.0		82.6
4+ people to confide in/turn to for help	35.7	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

