

## Panorama Ridge

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

### Compared to Metro Vancouver

● Better   ● Similar   ● Worse   ◆ Surrey Average



DOMAIN	Indicator	Panorama Ridge (%) n = 277	Surrey (%) n = 3,683	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	s	15.7	16.2	4.9		39.8
	Education level high school or less	37.7	47.5	38.0	58.5		8.9
	Household income under \$40,000	13.0	33.4	31.7	75.6		6.9
	Currently employed	78.2	64.1	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	47.5	45.5	48.5	34.3		73.1
	Mental health (excellent/very good)	57.7	59.6	56.5	39.8		79.9
	Obesity (BMI 30+)	29.5	28.1	21.7	39.7		6.6
	Diabetes	s	11.5	7.7	19.1		2.9
	High blood pressure	25.3	20.6	17.9	29.2		8.0
	Chronic breathing condition	7.0	6.7	7.2	13.3		3.7
	Arthritis	14.5	13.8	13.1	27.6		4.6
	Mood or anxiety disorder	14.8	15.2	16.3	28.8		7.2
	Multiple chronic conditions	13.6	10.3	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	15.5	17.2	20.7	39.1		9.5
	Smoker (daily/occasional)	s	11.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	36.1	41.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	20.9	20.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	24.3	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	48.5	45.6	47.8	59.7		32.4
	High physical wellness score (10-16)	30.0	35.3	37.7	21.1		52.1
<b>PRIMARY CARE ACCESS</b>	Family doctor access	88.8	84.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	79.8	80.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	80.9	73.9	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	16.3	18.3	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	87.9	65.5	55.1	92.0		10.7
	Commute - public transit	9.4	23.7	28.2	5.9		53.9
	Commute - walk or cycle	s	6.9	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	51.6	58.0	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	25.5	25.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	77.3	72.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	59.3	63.8	69.5	10.1		96.7
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	70.7	77.8	84.0	37.5		97.5
	Emergency supplies (3+ days)	26.9	25.0	26.7	16.6		46.6
	Food secure (enough to eat)	99.1	92.6	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	52.8	53.6	55.9	29.0		82.6
	4+ people to confide in/turn to for help	41.5	40.9	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)

