

## Pitt Meadows

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

**Compared to Metro Vancouver**  
● Better   ● Similar   ● Worse



DOMAIN	Indicator	Pitt Meadows (%) n = 201	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	12.4	16.2	4.9		39.8
	Education level high school or less	33.4	38.0	58.5		8.9
	Household income under \$40,000	s	31.7	75.6		6.9
	Currently employed	81.3	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	45.3	48.5	34.3		73.1
	Mental health (excellent/very good)	47.7	56.5	39.8		79.9
	Obesity (BMI 30+)	31.1	21.7	39.7		6.6
	Diabetes	s	7.7	19.1		2.9
	High blood pressure	17.7	17.9	29.2		8.0
	Chronic breathing condition	4.1	7.2	13.3		3.7
	Arthritis	7.4	13.1	27.6		4.6
	Mood or anxiety disorder	18.2	16.3	28.8		7.2
	Multiple chronic conditions	6.1	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	18.9	20.7	39.1		9.5
	Smoker (daily/occasional)	7.9	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	43.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	25.8	24.9	12.9		40.8
	Stress (extremely/quite stressed)	20.3	17.8	29.1		9.0
	Screen time (2+ hours/day)	45.6	47.8	59.7		32.4
	High physical wellness score (10-16)	36.5	37.7	21.1		52.1
	<b>PRIMARY CARE ACCESS</b>	Family doctor access	88.6	83.1	60.2	
Visited health care professional (past 12 months)		78.2	80.4	63.9		90.1
<i>Visited physician with appointment</i>		73.7	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>		21.0	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	71.7	55.1	92.0		10.7
	Commute - public transit	21.4	28.2	5.9		53.9
	Commute - walk or cycle	s	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	47.5	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	7.2	19.8	4.2		77.4
	Second hand smoke exposure (public places)	19.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	83.7	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	65.1	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	85.2	84.0	37.5		97.5
<b>COMMUNITY RESILIENCY</b>	Emergency supplies (3+ days)	30.0	26.7	16.6		46.6
	Food secure (enough to eat)	95.9	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	64.1	55.9	29.0		82.6
	4+ people to confide in/turn to for help	50.5	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)

